

Safety for Everyone Awareness Sessions and Workshops



Personal Safety Awareness Sessions

Personal Safety Workshops

Personal Safety Awareness Sessions

Purpose: To equip, empower and inspire participants with an awareness of practical safety strategies to maximise their safety and enhance their wellbeing in any situation.

Duration: 1 – 3 hours (custom-made to meet client needs)

Target audience: Men and women of all ages

Participant numbers: Up to 200 participants

Learning objectives: Awareness sessions are custom-made to meet client needs. Optional topics include:

- Personal violence dynamics
- Fear of crime
- Personal safety essentials
- Dealing with confrontation
- Situational safety strategies
- Myths and facts about rape and sexual assault
- Internet and consumer safety
- Developing a Personal Safety Plan.

Learning methods: Lecture-style presentation with visual aids. Participants will have the opportunity to ask questions.

Further information: Further information regarding this workshop can be accessed by visiting the [Member Login](#) section or by [contacting us](#).

Personal Safety Workshops

Purpose: To equip, empower and inspire participants with a range of preventative and responsive safety strategies and skills to maximise their safety and enhance their wellbeing in any situation.

Duration: 1 day (approx. 8 hours including meal breaks)

Target audience: Men and women of all ages

Participant numbers: 10 - 30 participants

Learning objectives: Workshops are custom-made to meet client needs. Optional topics include:

- Personal violence dynamics
- Fear of crime
- Personal safety essentials
- Dealing with confrontation

- Situational safety strategies
- Myths and facts about rape and sexual assault
- Internet and consumer safety
- Developing a Personal Safety Plan.

Learning methods:

Class and group activities, role-plays, brainstorming, discussion, demonstrations, practicing physical self defence techniques using strike pads and other interactive methods.

Further information:

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