

Women's Safety Awareness Sessions and Workshops

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Women's Safety Workshops

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

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

Target audience: Women

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.

Testimonials:

'Best and most appropriate training we have done.'

'From personal experience I found the information that was presented does in fact work well.'

'Overall workshop was the most interesting and beneficial for my work environment.'

'I gained a lot of knowledge and strategies from the workshop.'

'A fantastic session both personally and professionally.'

'Excellent presentation. Would recommend to others.'

'The facilitator was excellent. She was really great with the group, taking into consideration everyone's needs. Good contrast between talking to participants and listening/brainstorming.'

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

Women's Safety Workshops

Purpose: To equip, empower and inspire women 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:	Women
Participant numbers:	10 - 30 participants
Learning objectives:	<p>Workshops are custom-made to meet client needs. Optional topics include:</p> <ul style="list-style-type: none">• 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:	Further information regarding this workshop can be accessed by visiting the Member Login section or by contacting us .

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