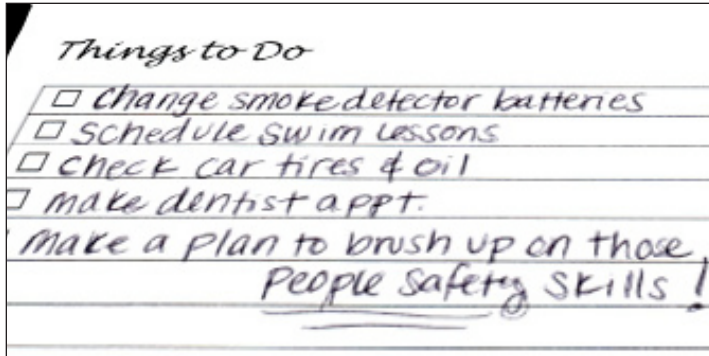


fullpower

Sharing the Fullpower experience with friends, family, or other adults in your own community can make the experience even more powerful. Groups that have appreciated the opportunity to learn together include:

- * Neighborhood groups
- * Parents' groups
- * Support groups
- * Professional colleagues
- * Adult family members from a range of generations
- * Adults helping each other tackle similar life challenges
- * Any group of adults wanting to support each other in living life to the fullest



People Safety Skills for Adults: Tools to Make the Most of Life's Adventures -- Safely!

Fullpower workshops provide a unique opportunity for adults to strengthen their skills for promoting safe, positive, and productive interactions with others -- strangers as well as family, friends, and colleagues. In this upbeat, active workshop, you will learn and practice **Fullpower People Safety skills that can help you:**

- * Enjoy life's adventures and opportunities while keeping yourself and your loved ones safe
- * Replace worry about potentially dangerous situations with skills to prevent, avoid, or de-escalate them
- * Create safety plans with family & friends so you can enjoy outings more by worrying less about possible problems
- * Advocate for yourself and for others in family, workplace, education, and community environments
- * Deal effectively and efficiently with unwanted verbal or physical attention
- * Use physical self-defense skills effectively as a last resort in emergency situations



Privately arranged workshops can be 2 to 5 hours long. Your group can choose whether or not to include full-force physical self-defense practice with a head-to-toe padded instructor. Public Fullpower workshops are listed online at www.kidpower.org.

Contact us at safety@kidpower.org or at 1-800-467-6997 for more information.

Kidpower Teenpower Fullpower International is a nonprofit organization providing "People Safety" skills training for people of all ages and abilities. We have extensive experience fostering powerful skills through tailored, experiential training that takes into account specific needs related to mobility, vision, hearing, strength, size, fragility, past injury, cognition, and so on. Visit www.kidpower.org to learn more!