



**Personal Safety Workshop
for adults ages 18+
Sunday, July 14th, 2013
9:00am- 1:00pm
Berkeley**

Too often, concern about safety stops adults from enjoying life fully. The truth is, a few simple "People Safety" skills can prevent or stop most harassment and violence. Our active, upbeat approach makes these skills easy to learn quickly. Invest a few hours with us for a lifetime of greater confidence in your ability to protect yourself and those you love!

Using examples relevant to adults of all ages, we'll practice skills to:

- **Assess situations and respond quickly**
- **Project awareness and confidence**
- **Stop unwanted attention**
- **Use voice as a safety tool**
- **Set strong boundaries**
- **Take charge of emotional triggers**
- **Get help - and persist until you get it!**
- **Deal effectively with verbal aggression**
- **Stop most attacks before they start with a few simple habits**
- **Use powerful physical self-defense skills that need little strength and no ongoing practice. This class includes full force practice with a padded instructor.**



Fullpower is a program & service of



the nonprofit leader in "People Safety" skills education for all ages & abilities.

To enroll in this workshop, please contact Kidpower at (800) 467-6997 ext. 1# or email safety@kidpower.org. The \$125 fee for this workshop represents our break-even cost. Partial scholarships and payment plans can be arranged.

To learn more about our educational materials and services, including this and other public workshops, or to learn more about arranging a workshop for your own group, visit www.kidpower.org.