

FEMALE PERSONAL SAFETY AND AWARENESS TRAINING

COURSE OVERVIEW

Our Female Personal Safety and Awareness course has been designed to develop and encourage an increased level of awareness for women against harassment and sexual violence. The majority of conventional training courses rely on self-defence, but we believe that the focus should be on preventing the situation rather than focussing on the last resort - physical violence. Self-defence will be included in the training, but the emphasis will be on other measures we can take to keep ourselves from harm and understanding the mindset of the attacker and how we can de-escalate a situation. This course is designed to encourage women to advocate for themselves and gain confidence when going about their daily lives. We believe every person has a right to a level of personal safety and this course is designed to enhance and reinforce that.

COURSE SYLLABUS

- Personal Safety and Situational Awareness
- Cultural Awareness
- Verbal reasoning and de-escalation techniques
- Practical training and defending yourself
- The Good Ally
- Cyber awareness
- Reporting, aftercare and self-care

COURSE DETAILS

This one-day course is held at Blue Mountain's dedicated training facility at [Highfield Park](#), Heckfield, Hampshire. Our facility includes a modern, fully equipped training room with comprehensive training equipment and dedicated 'break out' areas; on-site admin support and ample car parking. This training can also be delivered at your location on request.

COURSE FEES

Blue Mountain Female Safety Day Course cost includes

- One day of training from highly experienced Blue Mountain Instructors.
- All training aids, equipment, reading and reference material.
- Aide memoir

Course fee is quoted on a case by case basis; please contact us with your specific requirements.