

Adult Safety Workshop



Awareness

Avoidance

Assertiveness



Learn
The 3 A's
of Safety

The Olympian Safety Program

About The Olympian Safety Program

**Does your family have a safety plan?
If your answer is “no”, you are not alone.**

Most people who find themselves in unsafe situations simply don't know what to do or how to react. The Olympian Safety Program teaches skills to heighten your awareness about safety and teaches you what to do if you find yourself in a difficult situation.

Our Adult Safety Workshop



The Olympian Safety Program offers a workshop that focuses on safety for adults of all ages. It is a workshop that is valuable to parents, educators, grandparents, or anyone wanting to learn how to improve their personal safety.

The workshop teaches you how to reduce the risk of becoming a target and what to do if you are in a life-threatening situation. You will learn how to project an attitude of awareness and confidence, self-defense grabs and holds, and how to escape from an attacker using basic self-defense techniques.

Topics covered in our Adult Safety Workshop include:

- :: learn the 3 A's of safety
- :: how to surprise your attacker
- :: use your voice as a self-defense tool
- :: what to do if confronted by an attacker
- :: where to park your vehicle
- :: what to do if you feel threatened or you are being followed
- :: self-defense - basic but practical self-defense techniques!
- :: confidence - how your appearance can attract or discourage an attacker
- :: physical fitness - a healthy body fights back!

It is our view that everyone benefits from increased awareness regardless of size, age or physical limitations.

Please visit our website at www.olympiansafetyprogram.com for more information and to view our testimonials and client list.

**We look forward to delivering this invaluable workshop to you.
It's a learning experience that will last the rest of your life!!**

Say **NO**
and Mean
it!

What You Need To Know

How To Register For The Workshop

What You Need To Know

- ▶ The workshop runs for a minimum of one hour.
- ▶ The workshop will take place at your business location.
- ▶ Participants will role-play different scenarios.
- ▶ Participants will take part in light exercises.
- ▶ Perform hands on techniques with instructor or with each other.
- ▶ Question and answer period.
- ▶ A safety tip sheet will be provided.
- ▶ The company will receive an Olympian Safety Program certificate.

How To Register For The Workshop

To register for the workshop, please call us at 416-907-8369 or email us at besafe@olympiansafetyprogram.com or fax the attached registration form to 416-848-7464. The registration form is also available for download on our website at www.olympiansafetyprogram.com.

- ▶ We will process your request and send you a confirmation of your booking.
- ▶ Please mail your payment with a copy of your registration form to The Olympian Safety Program, 14845-6 Yonge Street, Suite 502, Aurora, Ontario, L4G 6H8. Please make cheque payable to “**The Olympian Safety Program**”.
- ▶ All workshop registration fees must be prepaid.

We also offer a safety program for kids. Please visit our website for more information about our Kids Safety Program.

Mailing Address:
14845-6 Yonge Street, Suite 502
Aurora, Ontario, L4G 6H8

Phone: 416-907-8369
Fax: 416-848-7464

Email:
besafe@olympiansafetyprogram.com

Website:
www.olympiansafetyprogram.com



Adult Safety Workshop Registration Form

Adult Safety Workshop Registration Form

Contact Name: _____

Company: _____

City: _____

Phone: _____ **Fax:** _____

Email: _____

Approx. Number of Participants: _____

Workshop Length: _____ Days

Preferred Start Date: 1st Choice: _____ 2nd Choice: _____
mm / dd / yyyy mm / dd / yyyy

Please Provide Additional Information Here

CANCELLATION POLICY

- Should we need to cancel, we will reschedule for another date, or a full refund will be processed upon request.
- If you cancel the workshop with less than two weeks' notice, we offer a credit for 50% of the cost, to be used within one year.
- If you cancel the workshop with less than one week's notice, we do not offer a credit or refund.

The cancellation fee is not for services to be performed after the cancellation, but is to compensate The Olympian Safety Program for reserving space for the workshop.



Please Fax To: 416-848-7464