



Personal safety for college and beyond:

This session offers practical tips on how to protect you—whether you're a man or woman- if and when something bad happens.

Do you think Police officers, firefighters and soldiers were born to be able to react quickly under pressure?-No, they practice, train exercise, consistently to improve these skills.

It's the same for personal safety- hopefully we will all be safe, happy and healthy forever— but if something bad happens we want to be prepared. We want to prevent ourselves from being in circumstances that could be unsafe and create a safety script to use when needed. This session will cover these topics and how it is critical to listen to your sixth sense when it comes to your personal safety and more.

*Special sessions available for adults with special needs as well.

* Consider this session for your next couple's night out event, or honor someone with a lifelong gift: a personal safety session for you and your closest friends-- maybe add as part of a graduation party or college and beyond celebration.