



Women's Safety:

This session focuses on the female side of safety.

Encouraging women to have confidence and be empowered to give them the permission to say "no" or maybe do things out of their comfort zone in order to keep themselves and/or loved ones, colleagues also secure.

This fun class is filled with stories and anecdotes on lessons learned, what victims of violence have taught us, and learning to focus in on their 6th sense.

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

*Special sessions for women of faith also available.