

Personal Safety & Awareness

In today's rapidly evolving world, personal safety and awareness have become paramount. Our tailored talk addresses the critical aspects of staying safe in various environments. From practical tips on situational awareness to empowering individuals with effective self-defence strategies, this session equips your team with the tools needed to navigate their personal and professional lives securely. Join us for an engaging discussion that prioritizes the well-being of your employees, fostering a culture of safety and resilience in the corporate setting.

Topics Covered:

- **Situational Awareness** is 'Ability to logically process and comprehend the environment around you, spot the danger in advance and plan a reaction'.
- It is necessary to learn to *avoid potentially dangerous situations and increase coping mechanisms*. – **Mindset, Planning & Understanding**
- To **educate, enhance awareness and prepare** to manage difficult everyday circumstances to resolve the situation with confidence in a practical manner.
- Focus on early **identification of a potential problem** and plan a resolution in advance.

