

Corporate Women Safety and Security Workshop.

Corporate Women Safety Workshop In the wake of increasing incidents of violence against women in the country, safety and security of women has become imperative. Through our Corporate Women Safety and Security Workshops, we aim at educating corporate women about ensuring their physical safety and emotional well-being at their work place by following simple guidelines, such as:

- ✓ Being aware of rights, facilities, company policies, and complaint process
- ✓ Carrying emergency contact and help line numbers
- ✓ Self defense techniques
- ✓ Staying alert and always being better prepared
- ✓ Do's and don'ts while traveling and during night shifts
- ✓ Awareness of policies of gender discrimination, sexual harassment, or gender biased approach
- ✓ How to react if faced with sexual harassment

Specialized Self Defense Training to all women is also provided. From students to house-wives, all have benefitted from these specialized trainings. This is the right time to ask for a specialized workshop by Expert Veena Gupta. The Compassionate and Fearless Diva! Following are a few details about the workshop/seminar.

Workshop / Seminar Title - I dare to fight back

This will be one to one interactive session comprising of both lecture and demonstration combined with defense tactics to handle real time situations and role play.

Duration will be 2-3 hours, with approx minimum 25 to 30 participants per session. However it also depends upon the training module. We can also create a kind of workshop session or a seminar for 100 participants in each day with the same contents and it can be customized and tailor-made as per discussion and requirements.

Some topics being covered in the workshop

- ✓ **Body Language**
- ✓ **How to say No in a firm manner**
- ✓ **Right Communication**
- ✓ **Situation Leadership**
- ✓ **Human Behavior**
- ✓ **Criminal Psychology**
- ✓ **Gender Sensitization**

- ✓ **How to avoid getting into trouble**
- ✓ **Ability to sense that you are in trouble**
- ✓ **In case someone has attacked, what, should I do?**
- ✓ **Self defense tactics with Real time situation scenario as role play and demonstrations**
- ✓ **Basic do's and don'ts**
- ✓ **Concept of Personal Space**
- ✓ **Sense of Dressing**

Please note that this program is not the Martial Art or any other kind of fight class. This program is made on the reality basis day to day situations which helps the participants understand the dos and don'ts with some basic tactics so that they can avoid the circumstances if they gauged the threat and possibilities of getting harmed.

- ✓ The venue shall be provided by you with power point presentation facilities.
- ✓ Hope you find the both proposals in line of your requirement and consideration.

- ✓ We look forward to collaborating with you to provide you with all the required assistance in safety and security matters.

- ✓ A personal meeting to discuss the proposal can be organized. Please leave a message on the website with your contact details and we shall get back to you.

- ✓ Look for the **"I Dare To Fight Back"** section under www.veenagupta.co

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