

---

## PERSONAL SAFETY FOR ADULTS

---

**AIMS:** To provide practical and simple real life information, tools and techniques in keeping adults safe, in the home, work, place of study and outside in their communities.

**OUTCOMES:** This course will cover the following main areas:

### AWARENESS & AVOIDANCE

### BODY LANGUAGE & VOICE

### UNDERSTANDING FEAR, STRESS AND ANXIETY

### LEARNING TO BE CONFIDENT AND ASSERTIVE

### PRACTICAL TOOLS & TECHNIQUES

### SPACE TO SHARE

### THE LAW & SUPPORT SYSTEMS

---

**PRE-REQUISITES:** None.

**WHO SHOULD ATTEND:** Adults & Vulnerable Adults that have been victims or want to learn about personal safety.

This course will be carried out over a variable period, (times to suit the organization). It provides valuable knowledge for keeping adults safe. It's about engaging with groups and allowing them to feel safer in their own lives and communities. The course will give invaluable information and tools about what their rights are, what support systems are out there, how they can manage their own safety. How they can feel empowered and deal with issues such as bullying assertively without being manipulated.

---

### DETAILS

**Cost of course:** Details on application      **Max delegate no:** Room Size

**Duration:** Flexible      **Min delegate no:** one

**Contact:** Sev Necati      **Dress Code:** Comfortable  
[info@sevnecatitraining.co.uk](mailto:info@sevnecatitraining.co.uk)