



TRA Workshops present:

A MASTERCLASS IN PERSONAL SAFETY & BYSTANDER TRAINING

with TRA Mentor Carolyn Pearson

About this Masterclass:

This masterclass empowers your employees with practical tips and strategies to keep themselves safe as well as lots of techniques they can put in place to become an active (and safe) bystander to aid other people.

This course can be deployed to support specific demographics and related crimes such as anti-Asian hate crime or violence against women and girls and includes some basic self-defence techniques.

Who is it for?

Employees, communities, clients or partners who would like to learn how to keep themselves and others safe.

Duration: 1 hour

Delivery method: Online

Learning Objectives:

On completion of this masterclass, delegates will have a wider awareness of:

- Different types of risk, crimes and harassment
- Their right to personal safety
- Predators and perpetrators
- Intuition and techniques such as situational awareness
- Safely respond to an incident
- Being an active bystander to support others
- Effectively report an incident and support any criminal investigation

Masterclass Highlights:

- Psychological Safety
- What is every day harassment?
- Journey planning and preparation
- Predator psychology and techniques
- Avoiding an incident and de-escalation
- Responding to an incident
- Allyship
- Active bystander
- Reporting a crime

POWERED BY:

Maiden
Voyage

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