



# PERSONAL POWER WORKSHOP

BE YOUR OWN ANGEL & BODYGUARD  
BE THE SMARTER, SAFER, SASSIER YOU!



With over 22 years of experience in keeping corporates, celebrities, families and young people safe, the Charlie's Angels Security team present a fun interactive 90min workshop to empower teenage girls 12-15 to be their own 'Angel & Bodyguard'.

Through 3 key focus areas, Awareness, Prevention and Protection, participants will learn how to:

- Sharpen their concentration and alertness in different environments;
  - Focus on the areas of safety they need to be more aware of;
- Better protect themselves and their friends in their everyday lives.

Participants will also learn & practice some simple self defence techniques and hear about real life safety situations and what they can do if they aren't feeling safe!

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Targeted focus groups involving teenagers, parents and School Teachers around Australia, have resulted in workshops that have been tailored to meet the specific needs and concerns of our youth.

Key areas of focus for young teenagers include:-

- Feeling safe at parties, at school and while moving around their community;
- Identifying ways predators might be targeting them online;
- Looking after friends and asking for help when there is a problem;
- Being able to say “no” and feeling more confident in protecting themselves;
- Connecting with and hearing from other teenagers about how they are dealing with similar problems to their own.

The workshops will discuss the concerns of teenagers through :-

### **Awareness**

- What does it mean to feel safe
- Situational awareness & increasing focus
- Self Image Awareness

### **Prevention**

- Case Study on assault of young girl at teenage party
- What we could do to help this from not happening
- Understanding Grooming & what to look out for
- Being a bodyguard for you and your friends

### **Defence**

- Understanding the Freeze, Flight, Fight response
- Learning & practicing simple self defense techniques
- Where to find help & support services

For more information & bookings please  
call 02 8005 0806 or email [info@charliesangelssecurity.com.au](mailto:info@charliesangelssecurity.com.au)