



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 60min workshop to empower teenagers to feel safer, be safer, and be their own 'Angel & Bodyguard'.

Through 3 key focus areas
Awareness, Prevention and **Defence**,
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, young adults, parents and schoolteachers around Australia, have resulted in workshops that have been tailored to meet the specific needs and concerns of teenagers ages 12-15 and 16-18.

Key areas of focus for teenagers include:-

- Feeling safe at parties and in urban environments;
- Identify the ways predators can target them online;
- Looking after friends and asking for help when something goes wrong;
- Being able to say “no”, standing up to peer pressure 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 discuss:-

AWARENESS – SELF / SITUATIONAL AWARENESS

- What does it mean to be safe and how to feel safer
- Mindset, intuition, ‘Superpowers’
- Environmental awareness and the people around you

PREVENTION

- Avoiding and evading danger, and how to say “no”
- What to look out for and helpful everyday prevention tips
- Being a bodyguard for you and your friends

DEFENCE

- Understanding the *Freeze, Flight, Fight* response
- Learning and practicing some simple self defence techniques
- Where to find help and support services

For more information and bookings please
call +61 (02) 8005 0806 or email info@charliesangelssecurity.com.au

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‘Personal Power Workshop’ facilitators have the expertise, skills and ability to present the workshop online through interactive Zoom sessions, or in person (where Government COVID-19 restrictions allow).

Each workshop will be structured individually to suit school classes (within school curriculum, during or after school), school years, community groups and private friend & family groups, at times and in locations that suit the individual needs of each session.

‘Personal Power Workshops’ can be run specifically for girls only, boys only or co-ed teenager groups with content altered to suit age groups of 12-15 and 16-18.

Online sessions require participants to have access to a computer or mobile device, the internet, and the ‘Zoom’ application.



COSTS:

- Online via Zoom \$49pp (minimum 10, maximum 30)
- Private groups presented in person with interactive defence techniques – from \$120pp (minimum 10, maximum 20)

For more information, please visit our website

www.personalpowerworkshops.com.au

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