

Safety and Security for Working Women: Only for Ladies



SECURITY



All women should know how to protect themselves.

Changing roles of women and workplace scenarios have increased the need for more awareness for female Safety & Security

OSALP International professional training courses combine the latest tools, techniques, market research, case studies and dynamic ways of thinking, delivered by experienced trainers to ensure the skills and knowledge acquired are directly applicable to your organization.

- ◆ **Research** Latest concepts, tools, techniques, tried and tested methods
- ◆ **Trainers** Highest standard of dynamic trainers with cross-industry experience
- ◆ **Applicability** Training relevant to your needs and your workplace
- ◆ **Interactive** Just the right number of participants with group exercises, role-plays and feedback
- ◆ **Action** Planning, implementation and follow-up
- ◆ **Documentation** Comprehensive supporting notes and further reading material

Safety and Security for Women: only for ladies

1 day course

This highly interactive One-day Seminar is very useful for today's woman who is playing the multiple roles of homemaker, wife, working woman, etc An essential guide for all women.

The Course

- ◆ The General concept of Safety & Security (Covering Mobile, purse, Laptop & Car security
- ◆ The principles of A.P.A.P.
- ◆ Being aware of your surroundings
- ◆ Being Aware of your body language
- ◆ Avoiding potentially dangerous situations or places
- ◆ Being able to physically protect yourself if necessary
- ◆ In the car Safety & Security
- ◆ How to recognize if you are being followed and what to do?
- ◆ What actions to take in the event of an attack?
- ◆ Rape
- ◆ Domestic abuse (Physical & Sexual)
- ◆ Your personal Safety Kit
- ◆ Your Rights



This course is conducted by a Female Trainer

What will you learn?

- ◆ You will learn to automatically be on guard whenever the circumstances put you on even very mild risk.
- ◆ You will get to know which situations may be potentially threatening e.g. Time, locality, number of persons.
- ◆ You will gain knowledge about the triggers of violence and how to avoid them
- ◆ Learn to listen to your body
- ◆ Using everyday items to help you
- ◆ The Easy Target
- ◆ How to project a confident look to avoid attack altogether
- ◆ How to call for help in case of attack
- ◆ Case scenarios would make you feel more well-prepared and confident.

Who Should Attend

- ◆ All working women

Registration

Please contact **Sara Kalsoom**,
Facilitator Corporate Services with participants' details:

- ◆ Email: sara@osalp.com.pk
- ◆ Phone: 042-3660 1495, 042-36610391 -2
- ◆ Mobile: 0300-5500690
- ◆ Fax: 042-36610396

Date 2010

- ◆ 18th Jan Mon Islamabad

Course Fee

- ◆ **Course fee = Rupees 10,000/Person**
- ◆ Course fee is inclusive of training booklets, lunches, teas, home assignments and training certificates
- ◆ We offer group package rates for more than 2 participants from the same organization

This Training In your Company

If you have a number of delegates with similar training needs, OSALP International also offers cost-effective in-house or on-site training solutions. The course can be tailor-made to suit your specific needs.