

Sexual Harassment Prevention: Only for Ladies



OSALP 2009 Open Enrolment Course



With more women in workforce nowadays, their exposure to male colleagues, at times, results in unpleasant situations

Learn about various situations that come under this category and how to deal with them

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

Sexual Harassment Prevention: only for ladies

1 day course

This highly interactive One-day Seminar is very useful for all working women at their workplace and also gives guidelines for recognizing & dealing with Sexual Harassment

The Course

This course is conducted by a Female Trainer

What will you learn?

- ◆ Sexual Harassment - Definition
 - ◆ How to recognize harassment
 - ◆ Types of harassment
 - ◆ Who is a harasser & Who is a victim
 - ◆ Common effects on the victim
 - ◆ Effects on an organization
 - ◆ To understand and recognize Flirtation
 - ◆ Eve teasing
 - ◆ Know & Recognize your threshold
 - ◆ How to deal with harassment
 - ◆ Retaliation & Backlash
 - ◆ Your Rights
- ◆ At the end of the session the participants would be able to understand and deal with most of the related situations a woman is exposed to in Pakistan.
 - ◆ Participants would be able to identify every day situations that might lead to sexual harassment.
 - ◆ This knowledge would assist in improving their performance and satisfaction at the job.
 - ◆ You will be able to differentiate between friendly banter and harassment.
 - ◆ You would not be caught off-guard in most the situations.
 - ◆ 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: 042-660 1495, 042-6610391 -5
- ◆ Mobile: 0300-5500690
- ◆ Fax: 042-6610396

Date 2009

- ◆ 13th Mar Fri Lahore
- ◆ 23rd Jun Tue Islamabad

Course Fee

- ◆ **Course fee = Rupees 12,000/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.