

# SAFER



## SAFER For Life: Personal Safety Training

### Program Overview

The SAFER For Life training will give you the foundational personal safety knowledge to improve your situational awareness, safety boundaries, personal security, conflict management, response ability and functional personal defense strategies.

SAFER For Life is an innovative training program that is designed to equip individuals with personal protection strategies to effectively Predict, Prevent and Protect against common criminal risk and threats. This interactive program provides realistic personal safety models by focusing on elements of Psychological & Physical self-protection strategies and tactics.

**“The Ability To Protect Oneself Is An Important Life-Skill That Everyone Should Have!”**

### Program Objectives

- Learning Security Awareness Mindset that drives Personal Safety.
- Understanding the dynamic of Personal Safety Awareness
- Personal Safety measures applied in our everyday lifestyle
- Learning 3-Dimensional Personal Safety Continuums applied in the modern times
- Threat profiling to predict hostile behaviors and activities in any environment.
- Implementing Personal Safety Mitigation measures at Home, Workplace and Travels

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## Training Options

SAFER Awareness Workshop (4 Hours)

- This is an Awareness based SAFER training that highlights the basics and needs of Personal Safety Awareness that focuses on Personal Safety Fundamentals

SAFER Essentials (1 Day Training: 8 Hours)

- This is an immersive SAFER training course entails all the Personal Safety Essentials and Personal Defensive Strategies

“Personal Safety Is A Foundation Of Life! Learn The Essentials Of Personal Safety That Applies Across Every Aspects of Our Everyday Life.”

## Program Outlines

- Personal Safety Essentials
- Personal Risk Management
- Crime Prevention Strategies
- SAFER Mindset
- Situational Awareness
- Behavioral Profiling
- Conflict Management
- Home, Workplace & Travel Safety
- Urban Security Measures
- Personal Defense Tactics
- Break-Away Tactics
- Scenario Training



## Contact Details

Warrior Strategies - HRDCorp Approved Training  
Shan

Tel: +60 11 23165823

Email: [shan@warrior-strategies.com](mailto:shan@warrior-strategies.com)

Website: [www.saferforlife.org](http://www.saferforlife.org)

