



## Fay Goodman's StaySafe in partnership with Hotel du Vin

### SELF DEFENCE & PERSONAL SAFETY COURSES

**Venue:** Hotel du Vin, 25 Church St, Birmingham B3 2NR

**Date:** Friday 24 May 2019 - 9 am arrival for 9.30 to 1.00 pm

#### **Programme 1 - half day**

Fay Goodman's self defence courses provide simple and effective personal safety skills and techniques to empower people of all ages and abilities in their everyday lives.

Fay is an internationally acclaimed martial artist, teacher and author of a number one bestselling book 'The Ultimate book of Martial Arts' and a lifelong personal safety campaigner. She teaches positive and easily accessible ways to increase self-confidence, awareness and assertiveness.

Participants learn how to combine their verbal and physical strengths to cope with many challenging scenarios and how to enhance and trust their intuition to prevent or manage events as they arise.

Personal Safety has so many benefits from increasing well-being, confidence and awareness to a more healthy lifestyle through increased physical activity and ability. Mental health concerns are also addressed by encouraging practitioners to learn how to remain calm, use correct breathing technique and accept any disappointment in a more positive and accepting way. This helps to reduce anxiety and stress - a major health concern both at home and at work.

“Fay's guidance and expertise is so invaluable. She takes you through an easy-to-follow guide on a number of issues, including how to deal with aggressive motorists, effective self-defence and body language skills to keep really safe - great!

Sue - Institute of Directors - Birmingham

#### **What you will learn**

- Increase your intuition and awareness of danger
- Use the power of your voice to diffuse a conflict situation
- Use deflective body language to prevent potential assaults
- Techniques to defend yourself against weapons
- Effective escape and exit strategies

#### **Courses**

- Flexible half-day morning or afternoon 3 x hours [+ 2 hour lunchtimes]
- Full day comprehensive course
- Fun, informative and friendly
- Content tailored to needs
- Groups of between 5 to 25 (less or more can be catered for upon request)
- Participant packs with helpful additional information