



Venue: Your school, **Duration:** 2 hours **Cost:** R 2 950.00

Introduction

Due to the nature of their profession, educators face many real dangers on a daily basis and often find themselves at risk due to the following circumstances:

- Extended work hours, often commuting to and from work in the dark
- Working in isolated classrooms after school hours
- Attending extra mural activities
- Locking up after school functions
- The increase in reports of learners violently attacking teachers

The educator's self – defence programme reduces the likelihood of becoming a victim by learning violence awareness and prevention strategies. Educators feel empowered after completing the programme and feel safer in the school environment

The facilitator

Richard Strydom is a retired provincial rugby player, self-defence instructor, personal coach and functional fitness trainer.

He has worked with some of South Africa's most successful sport stars over the past 14 years and has certainly played a vital role in their successful careers.

The programme

Delivered in a fun and safe environment, for many educators this is the first time they get the opportunity to role play potentially harmful everyday situations, threats and hostile attacks. The benefits to this type of training is immeasurable, arming them with a mental blueprint on ways to respond, deter and defend themselves for life.

Experience is the best measure to how you will respond in any situation, therefore in self-defence the best experience is to role play certain role play scenarios in a safe environment.

Based on instinctive behavioural responses the educators are guided through scenarios for:

- Being aware of their environment, surroundings and instincts
- Being alert and safe on public transport or while driving, at social games, events, travelling or while out at night
- Understanding passive assertive behaviour verses passive aggressive responses to deter a potentially hostile situation and knowing your legal rights
- Understanding the psychology of fear and adrenaline and how to prevent yourself from "freezing in the moment"
- Knowing how to use your size to your advantage, learning "critical hit points" to stop any size attacker
- Preparing a personal safety plan

Learning self-defence is just plain smart and essential for all educators. Skills for life!

To organise a programme for your school please email:

admin@rapewise.co.za

Additional information

This programme is endorsed by Rape Wise SA as an essential programme for educators working in South Africa. Many of the cases that Rape Wise deals with, could have been avoided, had the educator involved had basic self -defence and safety awareness skills.

Cost: R 2 950.00

Time: 2 hours

Where: at your school

When: During school, after school, Saturdays

Booking form

Self-defence workshop

Name of school: _____

Contact person: _____

Tel: _____ Fax: _____

Cell: _____ Email: _____

Physical address:

We would like to book a self – defence workshop for our staff.

Please note that if your school has a Primary and High schools – each school has to book a separate workshop.

Recommended dates:

1. _____ 2. _____

Number of presentations _____ @ R 2 950.00 _____ Total: _____

Payment:

All payments are payable in **advance** to secure your booking/please use your schools name as reference.

Fax/e-mail this booking form and payment advice to:

086 6967807 /031 5726081 /admin@rapewise.co.za

For more details, please contact 031 5726690/083 3308535

Payment can be made via EFT to:
Name: Rape Wise Bank: ABSA
Branch code: 632005 - Account number: 911 605 5338