

Soar
WITH US



Personal safety and self-defence

Protect staff, build confidence, boost morale, and improve team building

Do they walk or travel on public transport between home and work? Are they on the road travelling to and from meetings? Do your staff deal with difficult clients as part of the nature of your business?

Did you know 24% of people say they would leave a role due to personal safety concerns, so let's protect and support your business's most valuable asset – your staff!



Our corporate personal safety & self-defence workshops..

Educate, empower, build resilience, improve team building and boost wellbeing

It's no coincidence that corporate personal safety and self-defence workshops are on the rise within today's society. Did you know that 1 in 4 employees feel unsafe travelling home after working late, which rises to 1 in 3 for women.

We know personal safety and self-defence workshops are not a requirement for businesses, but does that mean they shouldn't be?

While your employees are around colleagues and people they are comfortable within the workplace, what happens when they leave the premises to go for lunch, take a break, attend an external meeting or go home after working late?

Are you aware of your employees' current concerns or previous incidents that could be affecting them in their role? If you aren't aware this doesn't mean they don't exist. Unfortunately, only a small number of people feel confident enough to speak out.

71%

worry about their personal safety when working late

75%

worry about their personal safety when travelling for work

69%

worry about their personal safety on their commute

50%

women are dissuaded to work late due to personal safety concerns



What is covered in our workshops?

Beginner, intermediate and advanced level workshops

Group size - Up to 30 people or if you have a larger group, contact us

Duration - Between 2-4 hours

We have several standard workshops; however, we work with our businesses to curate the best content specific to their needs and their region. Our workshops are suitable for everyone – you don't need to be strong, fit or agile.

Theory knowledge

- What is Personal Safety? What is Self Defence? Why is a reality based system important?
- What are the stages of a typical attack? How can this knowledge help us?
- How can you tell if an attack is imminent? What can we do with this knowledge?
- How can you assess the level of threat and strategise an appropriate response?
- What is the law of self defence?
- How can you be an ally or an active bystander?

Practical skills

- Distance (how to create and maintain distance)
- Engage (self-defence techniques)
- Floor (floor defence)
- Ongoing (verbal commands)
- Finish (ways for an attack to end and referral pathways)
- Testing Under Pressure
- Unique, realistic scenario role play - demonstrates practical application to a situation they could face in their community

We teach each technique carefully respecting individual boundaries.



About us & how we're affecting positive change



Who are we?

Soar With Us was founded in 2019 by three women; Libby, Sipla and Shelly Jethwa, each of whom have experienced assault and its affects first or second-hand and are passionate about affecting real change

To this end, Soar With Us provides training in reality-based personal safety and self-defence to prevent or minimize the impact of violence against a person so every individual can thrive and flourish.

Our impact

We have proven change and real lasting impact is possible through our unique approach which re-empowers individuals in as little as 2 hours.

To date, we have trained over 1000 people including a cadre of instructors. On arrival, participants share their feelings about attending the course. They often report feeling 'tired, anxious, nervous', on completion, participants leave feeling, 'prepared, confident, strengthened, empowered, secure'.

We believe the impact of our workshops speaks for itself...



"A simple note to say this was a fantastic and more than likely the most empowering & lifesaving session I have attended.

I will advocate everyone go on this course."

Clare, Canary Wharf



"I learned so many self defence techniques, it didn't matter about the body weight or size, everything you taught me was so effective and now I feel a lot more confident and empowered walking the streets of London."

Sharifa, Elephant & Castle



"I really enjoyed the course and I think it will be very useful when travelling, you brought up points I had not previously thought of. Thank you!"

**Interested in
booking a workshop?**

Email our team on

info@soarwithus.nl



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