INTRODUCTION 2025

SOAR WITH US

Soar With Us CIC was founded by Libby Banfield and Silpa Jethwa and is a community focused organisation with the ultimate goal that women and girls live free from violence and fear. Our Reality Based Personal Safety and Self Defence training equips individuals with knowledge, skills and techniques which can be used to prevent or minimise the impact of violence, within and outside the workplace. All profits and donations go towards training for victim/survivors of Domestic & Sexual Abuse throughout the UK.



Our Impact

We have proven change is possible through our unique approach which educates and empowers individuals in as little as 2 hours.

To date we have trained thousands of 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, 'informed, prepared, confident, strengthened, empowered, secure'.

The impact we make is real and lasting.

In 2 hours, all participants gain the mental and physical abilities to identify, avoid and or deal with harassment or attack. Rather than the disempowering, ‘don’t go out at night’ messaging – we are empowering people to live fuller lives, less constrained by the fear of violence. Furthermore, men and boys understand how they can adapt their behaviour and become allies for women and girls.

Recently conducted Free Training at Domestic Violence Service Centres:

- Springfield, Kendal
- Hestia, Croydon
- Hestia, Brent
- Kiran, North London
- Youth Voice, Roehampton
- Safenet, Burnley, Bolton, Bury, Greater Manchester

The nature of the training is that it builds affinity, belonging and community.







Our Approach

We recognise that people interested in this course may have lived experience of violence in any or all of its forms and reading about and or participating in such a workshop can be triggering.

As survivors ourselves we recognise the importance of approaching each workshop informed by this reality - and we do our best to provide a safe, respectful, welcoming and empowering space. The harsh reality is that violence against women and girls exists. It is NEVER the victim’s fault. We wish that no-one would ever need/want one of our courses, however they do have practical application in the world we live in.

Our training is inclusive, empathetic and educational.

Soar WITH US

SERVICES OVERVIEW 2025

REALITY BASED PERSONAL SAFETY & SELF DEFENCE WORKSHOPS

For Colleagues & The Communities You Serve and Support

Our Reality Based Personal Safety and Self Defence training equips individuals with knowledge, skills and techniques which can be used to prevent or minimise the impact of violence, within and outside the workplace. We provide a combination of physical training and theoretical knowledge that enables your staff to strategise and respond accordingly depending on the situation. Additionally to equipping individuals with potentially life saving skills, the training can boost team spirit, raise morale and create an environment that is not just co-existing but co-building.

OUR WORKSHOPS

Taster — Up to 2 hours.

A fast paced introduction to reality based personal safety & self defence covering all the basics.

Essentials — 3 hours.

More time to practice, ask questions and share experiences.

Comprehensive — 6 hours.

A breadth of theory and practical together with rich, nuanced discussions. Participants have time to share their own and listen to the experiences of others and leave with a well practiced toolkit of personal safety & self defence options. (Can also be delivered in modules)

CONSIDERATIONS

Number Of Instructors: We always bring at least 2 instructors.

Number Of Active Participants: We work with a ratio of 1 instructor to a maximum of 15 active participants.

Group Size:We can cater to any group size - and we can discuss with you optimal numbers based upon your objectives and practical considerations such as room size and location.

TERMS

All prices are exclusive of travel & accommodation expenses.

We require a large room, clear of obstacles plus flipchart & pens or similar.

We work with you prior to the event to conduct a risk-assessment.

Each participant is required to complete a health & consent form.

Soar WITH US

www.soarwithusselfdefence.com

WORKSHOP CONTENT

We move beyond theory into practical experiences of empowerment that provide the building blocks to help us rise and thrive as individuals, teams, organisations and communities.

We focus on Personal Safety as we want to reduce instances of violent crime. We bring the theory of Personal Safety to life via skits, scenarios & discussions around the following topics:

- 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?







We focus on Self Defence as if Personal Safety has been breached we want to limit the damage of violent crime. We teach each technique carefully respecting individual boundaries. As appropriate we build pressure so as to create new neural pathways and new learned responses to fear.

Our practical techniques are concentrated on:

- Distance (how to create and maintain distance)
- Engage (how to protect the head, resist force, protect against a knife attack etc)
- Floor (how to defend yourself from the floor)
- Ongoing (how to use verbal commands and psychology-fear control)
- Finish (how to end an attack and where to seek ongoing help)

Soar WITH US

COMBAT ACADEMY

TESTIMONIALS



Q5

"Libby and Silpa were excellent teachers and managed to educate us on a very important and sensitive topic whilst also making the training fun in a corporate setting. Everyone was pleasantly surprised by how many tangible takeaways the session provided and the feeling of confidence and empowerment that the group was left with was amazing. Thank you so much!'

''Thank you. The session felt safe and it was thanks to the incredible instructors''

"Thank you for the amazing session you ran for the team at Q5. We learned so much!"

''Libby and Silpa were wonderful, I wanted it to continue! It was great being taught by women. I've only ever been taught by men in the past. This felt more realistic.''

ual: london college of communication



"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. Please do all that you can that they can come in again to run the next part of their training. Please do pass on my thanks to whoever recommended they come in. Bravo for thinking outside of the box of normal workshops."

KLEINWORT HAMBROS

SOCIETE GENERALE GROUP



Davis Polk

''The trainers really made me feel comfortable. I was a little nervous, made me feel at ease. Thanks''

''Amazing what you do - Thank you!''



"Very serious worrying content made accessible and gave all participants a sense of achievement. A very positive day.

Thank-you to the Soar Team for being so accommodating and fabulous.

We all feel very lucky to have had the opportunity to learn from them."

Sarah





''I definitely think this course is a confidence booster and has made me more vigilant.''

''I would definitely be interested in further courses. We should strongly encourage everyone to attend! Re: time allotted - the training could easily be 2 hours or split into 2 sessions

MORRISON FOERSTER