

FEMALE SITUATIONAL AWARENESS

Have you ever been in a situation where you have felt threatened?

Have you ever found yourself in surroundings where something 'just doesn't feel right'?

If you feel that your personal security is under potential threat, what actions would you take?

Do you know how to avoid or reduce your risk in potentially life-threatening situations?



ATR can help, but what reason do you think you need to do this course?

£65.00
(excl. VAT)
per person

Our one-day course is split up into 3 parts to show ways of improving your situational awareness:

1. The theory aspect
2. The practical element involving training techniques of breaking away
3. Scenario based situations where your training will be put to the test.

£65.00
(excl. VAT)
per person

DATES:

7th, 8th or 9th
SEPTEMBER 2021

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enquiries@atr-ltd.co.uk



To book and secure your place, scan the QR code or go to:

<https://atr-ltd.co.uk/product-category/courses/personal-safety-heat-coures/personal-security/>

Courses are held at the ATR training facility in Reading. We are fully compliant with the Covid19 secure workplace guidelines. For best results, our on-site training program is delivered around creating realistic scenarios that allows the trainee to practice in a controlled simulated environment. This way, it will build the necessary resilience and confidence.

**Debbie Atkins, Regional Director of The Athena Network
attended one of our courses and commented:**

'Great course and one that makes you more aware of your surroundings and I would recommend this to all females as you will learn so much'.

