

Achieve Greater Confidence, Control & Safety in ANY Situation!



Anyone can learn to handle virtually any conflict with confidence & control!

In this training you will gain:

- Greater Confidence and Control
- A Powerful Voice
- Assertive communication Skills
- Awareness of the common mistakes people make in everyday situations that often get them into trouble.

This course is a scientifically developed program covering 3 crucial components for effective Confidence and Personal Safety:

1. Awareness Skills to detect and avoid the most common hostile situations
2. Verbal De-Escalation skills to talk down a hostile person, and Assertive Boundary Setting should that person not co-operatively leave.
3. Physical Escape Techniques proven to work against attackers regardless of size or physical strength!



0844 8700629

www.maxselfdefence.com

FEAR INTO POWER! Find & utilise the power of fear, not be paralyzed by it.

CONFIDENCE! You do not need to be a Karate Black Belt to take care of yourself!



In this lively, interactive journey into all types of conflict, you will learn the common mistakes that often get people into trouble, and how to overcome them.

Amazing experiential exercises where you access your infinite power within!

Students learn to transform their Fear into Power by safely practising their skills full force against trained and



padded mock assailants!

MAX Self Defence can take you on the most transformational 3 1/2 hour journey into Personal Protection you will ever experience!

Who would benefit from this program? Mums, Dads, Teachers, High School students, College students, Business men and women, Managers, Secretaries, Nurses, Sales People... anyone who might ever have to deal with conflict of any type at any time!

“I truly cannot believe the power I have gained through this short 3 ½ hour seminar. This course has given me the confidence I always knew I had, but could never access. I feel a new passion for life bursting forth already!”

Julie Camden - Denver, Co.

MAX are running Fear Adrenaline Stress Training courses near you. Contact us to learn how we can help you, your family & your work colleagues stay safe.



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