

Turn Fear into Power

Testimonial: "What would you like to hear of my responses to other children about
How you feel about this course?
It will help this children to
Transform
I can come here."

- Empowerment
- Assertiveness
- Self Protection
- Stress Management



Everyday children and adults are potentially at risk because of environments where inappropriate or violent behaviour could occur. Our courses teach children and adults how to handle difficult situations.

For the youngest children: We help children understand boundaries against inappropriate touch or attention, how to handle name calling and teasing, protect personal space and learn basic skills in detecting & avoiding abduction and how to attract help.

For Teenagers: We strengthen confidence and relieve peer pressure, developing assertiveness skills to keep them out of danger.

For Adults: We empower adults by helping them develop a powerful voice, assertive communication skills and their ability to stay safe in ANY situation.

We teach Awareness, Verbal De-Escalation and Physical Escape Techniques **which work.**



Keep 80% of danger away with effective assertive skills



We all learn and support through every scenario



Last resort— simple defensive techniques

"A very well delivered training day. We all started off terrified but soon grew in confidence. It was great to see our service users move from a victim role to a point where they believed in their ability to defend themselves."

"An inspiring and empowering training session. I believe both service users and staff benefitted greatly from it. I highly recommend it. Fabulous!" Queen's Hall Women's Hostel, Derby

*"We stress that the whole school community must work together, if we are going to eradicate bullying. It was wonderful for our children to hear similar messages from people in other walks of life. They were very motivated by the course. I'm sure it will provide a talking point for quite some time....It's a bit like the Forth Bridge - ongoing, but **the injection of such a motivating course has been invaluable**".* Headteacher, Elmrise Primary School



Children gain confidence with the new assertive choices they learn

MAX runs workshops on conflict and stress management. Some recent work includes:

- Death threat against the manager with drug dealing on the site of a leisure centre
- Conflict Management and Self Protection Training for Urban Heathland Wardens
- Risk Assessment advice for a local council
- Cultural Diversity Workshop for a research company

"A great day and a great team building exercise for all who took part. And we all felt totally safe with two male trainers."

MAX also provides free introductory talks to children in school and youth organisations in conjunction with partners.



"I found it accessible for anyone with any level of fitness (or unfitness). I think everyone can do it as it really boosts confidence. Service users loved it too and I enjoyed it as a group as something we could do actively together. De-roleing was done very well as so important."



We can train in HeartMath Stress management techniques which enable staff to keep calm under the most extreme pressure. As used by the top board of BP, golf professionals and schoolchildren who **get better results**

"HeartMath is a unique stress reduction system that is unusually effective for reducing anxiety and improving performance. Unlike many other services and products that make similar claims, it has a solid scientific basis, and has been thoroughly tested in a variety of settings that have clearly demonstrated these benefits."

-- Paul J. Rosch, M.D., F.A.C.P., President of the American Institute of Stress and Clinical Professor of Medicine and Psychiatry, New York Medical College



Please call us on National Lo-Call
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www.maxconflictmanagement.com