

# Conflict Management & Self Defence

## By MAX self defence

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Founder of MAX, Mark Wingfield, is a black belt with a business background. MAX is the culmination of his 24 years of experience in a variety of martial arts and a broad variety of big and small international businesses.

Mark will advise on effective conflict management techniques to avoid conflict in the first place, but if that fails – perhaps you have someone approaching you who is fuelled by drugs and cannot be reasoned with – there is Plan B, where he will talk about and demonstrate simple, practical self defence.

The seminar will cover;-

What Causes Conflict? Noticing and Managing Conflict

How to Stop Conflict Reasonable Force

5 Top Tips for All Practical Demonstrations

Question and Answer Voucher Incentive Scheme

Come and learn a valuable lifeskill - and enjoy yourself at the same time.

Venue:	The Gallery, East Midlands Conference Centre, University Park, University of Nottingham, NG7 2RJ
Date:	22 <sup>nd</sup> November 2007
Time:	4:00PM ( approx 1 ½ to 2 hours )
Cost:	£10.00 members , £15.00 non members  The ticket price includes a donation to Rainbows Children's Hospice.

New members and those interested in joining Women in Property are very welcome to attend as are guests.

Please note that bookings confirmed by e-mail / telephone are taken in good faith. Consequently we still expect payment in the event of non-attendance.

Places are limited so please send confirmation and cheque as soon as possible

Please make cheques payable to " Women in Property Midlands " and send to  
Kellie Randall, E-Centre, Darwin Drive, Sherwood Energy Village, New Ollerton, Nottinghamshire,  
NG22 9GW

Tel: 01623 867141

Fax: 0870 094 0805

e-mail: [kellie@clunness.co.uk](mailto:kellie@clunness.co.uk)

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The Gallery, East Midlands Conference Centre, University Park, University of Nottingham, NG7 2RJ



I will be attending the above event

Name:  Company:

Member /  
Non member

Address:

Phone no:

Email:

I will be bringing the following guest(s):

Name:  Company:

Member / Non-member Email:

Name:  Company:

Member / Non-member Email:

Name:  Company:

Member / Non-member Email:

Name:  Company:

Member / Non-member Email:

**TOTAL £                      CHEQUE ENCLOSED FOR THIS AMOUNT PAYABLE TO  
"WOMEN IN PROPERTY MIDLANDS"**

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