



TBR Consulting
TRAIN. BE READY.

Train. Be Ready.

Active Assailant Awareness and Preparedness

- Next Steps -

Congratulations on taking steps towards being better prepared by attending one of our training courses!

Mindset

Situational Awareness

Response: Run – Hide – Fight

Having a Plan IN ADVANCE is CRITICAL, and that plan needs to be FLEXIBLE!

Next Step Suggestions:

Review one or more Run-Hide-Fight videos: <https://www.youtube.com/watch?v=TeOdxKozra0>

- Take time to assess your day-to-day environments.
- Establish your “normals”.
- Develop your own personal plans for where you spend your time daily.
- Discuss these concepts with your family members!
- Consider additional related training courses.
- Find and take a ‘Stop the Bleed’ course. www.stopthebleed.org
- Consider what resources *YOU* have in a kit, ready bag, or you don’t have a kit, it’s time to make one!

Recommended Readings:

- *The Gift of Fear*, by Gavin De Becker, 1998.
- *Stay Safe*, by Greg Shaffer, 2019.

Online Resources:

<https://www.fbi.gov/how-we-can-help-you/safety-resources/active-shooter-safety-resources>

Visit **TBR Consulting** online at www.trainbeready.com to learn more about our comprehensive menu of services. To request a training proposal tailored to your exact needs, email us directly at info@trainbeready.com

**YOUR
ATTENTION
PLEASE:**

**No one is
coming to
save you.**

**This life of
yours is
100% your
responsibility.**