



“The willingness to use force usually means you won’t have to.” – Marc MacYoung

**Module 1:
INPOWER**

**happening
08/01/24**

For Women Only

**FREE Self-Defense Workshop
REACT: Personal Security
for the 21st Century
THUR, OCT 10, 2024
6:00 – 8:30 PM**

Journey Church Auditorium

21220 Lorain Road
Fairview Park, OH 44126

*Enter through front doors on Lorain Road. Parking available in church lot and across the street.

Register today

Sign up online:
[unicorns-polkadots.org/
event-registration](https://unicorns-polkadots.org/event-registration)
Or text your RSVP to
440-653-0352

Serious inquiries only. Space is limited to the first 25 women who register.

You can also scan this QR code to register.



Overcome the threat: Learn effective self-defense skills

LIVEREADY

Module 2: REACT – Response, Escape and Control Tactics

The world can be dangerous. Now more than ever, awareness and preparedness are essential for personal security. But are you ready to defend yourself? Join us for part 2 of a two-part personal security series from Live Ready Solutions.

Learn practical self-defense practices for real-world situations

This unique hands-on self-defense workshop will empower participants to:

- Read pre-attack indicators and know—specifically—when to aggressively move from “talking” to “touching” to maximize your options and capabilities
- Strike using hands, knees and elbows, and specifically where to strike for maximum effect
- Create instant nervous system disruptions capable of incapacitating an aggressor instantly, either in first- or third-person defense
- Escape from bear hugs, chokes, grabs and holds

Facilitated by Sam Rosenberg. As an author, speaker, former U.S. Marine officer and internationally recognized expert on personal security, Rosenberg has dedicated his life to protecting people and teaching them how to protect themselves. Since 2003, he has empowered tens of thousands—from families to Fortune 100 companies—with the skills and mindset that elite, close protection specialists use to protect public figures.

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Meet Sam Rosenberg

Author, speaker and internationally recognized expert on personal security, Sam Rosenberg protects people and teaches them how to protect themselves.

Sam served as an officer in the U.S. Marine Corps and in the private sector as a close protection specialist for some of the world's highest profile individuals, including such notables as Tom Cruise, PM Benjamin Netanyahu and Warren Buffet. Since 2003, Sam has empowered tens of thousands—from families to Fortune 100 companies—with the skills and mindset elite close protection specialists use to protect public figures.

He is the author of *Live Ready—A Guide to Protecting Yourself in an Uncertain World*, *The Traveler's Guide to Personal Security* and *The Path of the Victor*, and is the inventor of the Response Pen (Patent #9,108,454).

Sam's perspectives on preventing and responding to violence are routinely sought by the news media, podcasts and influencers nationally.

About Unicorns & Polka Dots

Unicorns & Polka Dots works to help individuals in recovery restore and strengthen self-esteem and self-confidence. Our Recovery Council comprises five women and five men—with ~1 to 5 years of sobriety—who serve as our eyes and ears on the street. They guide us in what is needed to support and supplement the recovery process and journey. Our quarterly events are part of that vital effort.

Upcoming Events

As part of our commitment to the recovery community, we continue to facilitate and host free events for men and women in recovery. Some of our recent and upcoming events include:

- Networking Workshops
- Facing and Overcoming Fear with Firewalk
- Credit Repair Workshops
- Yoga and Mindfulness Workshops
- Professional Development (including distraction management, architectural calendaring, deliberate flow state and biorhythm adherence)
- Introduction to Chakras

All workshops are conducted by experts in their space. Check www.unicorns-polkadots.org for our recent and upcoming events and event details.