



Corporate Workshops

workplace violence

PREVAIL... be proactive with self-defense in the workplace

1. WORKPLACE VIOLENCE

- 2 million workers every year are affected by workplace violence

2. RAPE & SEXUAL ASSAULTS

- 91% of rape and sexual assault victims are female, 9% are male
- Over one million women in the U.S. have a rape experience per year [forcible rape, incapacitated rape, drug-alcohol forcible rape]
- The U.S. Dept. of Justice estimates that 8% of rapes occur while the victim is working – that's 80,000 persons each year
- On average, 36% of rape/sexual assault survivors lose more than 10 days of work after their victimization – that's 28,800 persons

3. MURDER

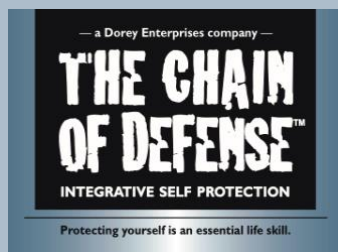
- Over 700 people a year are killed at work

4. DOMESTIC VIOLENCE

- 40% of women are killed at work by a spouse or domestic partner
- Employers lose \$2 billion a year in lost productivity
- Employer-funded health insurance costs another \$4.1 billion a year

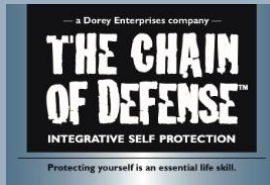
5. SURVIVAL

- Increase your chances of prevailing... protect your life by learning essential self-defense life skills



Schedule your
Workplace Seminar
today:

**Contact Kathysue Dorey
at 716-491-4723**



Corporate Workshop

Presented by Kathysue Dorey
Self-Protection Advocate

Self-Protection Principles in the Workplace

Build Your Confidence. Use Your Body Language.
Avoid Confrontation. Heighten Your Situational Awareness.

Body Language

Understand the importance with hands-on application of body language and build your confidence in the workplace.

- Eyes forward, chin up, shoulders straight, hands free.
- Walking backwards without falling.
- Car/office keys in-hand.
- Entering an elevator.
- Corporate traveling via taxi cabs, public transportation.
- Use of umbrella, cane, water bottle.
- Purse/Wallet position.

Heighten Your Awareness

Heighten your situational awareness with a “no complacency” mindset and offset potential confrontations.

- Check for missing or blown-out lights in parking lots.
- Don't be on the telephone.
- Don't listen to music while walking to and from parking lots.
- Check your surroundings for unusual persons, cars, activity.
- Listen to your gut instinct.
- Walk with a buddy; call for security.

Use Your Body

Learn how to use your body in a limited physical capacity to stay safe.

- Learn re-direction of force, your personal territory and your line of vision.

716.491.4723 | doreyenterprises.com