



Sponsor a Course

At Blossom, we don't do self-defence courses like everyone else. Instead we help our participants on their self-esteem journey, sharing why we all need to develop our confidence, and acknowledging that life isn't always as perfect as we'd like it to be.

Many businesses are proud to be able to give something back to their local community. If you are looking to support your neighbourhood, your business can sponsor a **Blossom Community Course**. Your sponsorship will give the local community access to a course that helps those from vulnerable environments and with social challenges.

Our course confronts misconceptions and aims to equip participants with the knowledge and skills to avoid becoming the victim.

With your help, we will work with local councils to create courses that suit their needs and provide a safe space for participants who feel they have nowhere to turn, to share fears, learn new skills and build friendships.

- **Help vulnerable people improve their self-confidence and learn how to avoid/deal with potential conflict**
- **Tailored courses matched to participants' needs and integrating into current programmes**
- **A safe space to share experiences and understand underlying issues**

What's in our course?

Our immersive, full day course is a 50/50 split of theory and physical skills, and we guarantee that at the end of it you will understand the world in which we live more clearly, and understand how these challenges may affect your employees in different ways.

We also find that nearly every participant appreciates the safe environment we provide, and takes the opportunity to share some of their journey, so that we can all learn from each other.

Is it fun? **Absolutely**
Is it serious? **Sometimes**
Is it physical? **Only as much as you want**
Is it empowering? **We guarantee it!**

CONTACT US

To find out more about sponsorships:

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