



WE ARE SAFER TOGETHER LLC

ABOUT US

We Are Safer Together helps equip participants with the tools and knowledge to navigate life with confidence. Our founders have a combined 15+ years of experience creating customized presentations and workshops in empowerment self-defense, emergency preparedness, and safety. Every program is customized to the group and presented in a trauma-informed, inclusive, adaptive, and age-appropriate manner. We teach through interactive elements created for learners of all types, including physical and verbal activities, drilling movements and strikes, group discussion, and coached role play scenarios (depending on the program).

Ready to host a program? For self-defense workshops, participants should wear clothes and shoes they feel comfortable moving around in. Clients booking an in-person workshop need to provide space or cover the rental cost of a location of their choosing. Space requirements (self-defense workshops):

- Private room with little to no foot traffic
- No restrictions on volume level
- Accessible bathrooms near the room
- Free parking or client coverage of parking charges
- Open floor space (minimum of roughly 150 sq ft)
- Room prepared before our arrival with furniture moved
- Chairs set up for each attendee in a circle, and 2 tables
- Extra 30 minutes before the class in order to allow time for our instructors to prepare the space



Benefits of We Are Safer Together's Empowerment-Based Safety Programs

- Increased confidence, self-esteem, and self-efficacy
- Ability to recognize, interrupt, and escape from violence before it escalates
- Improved resilience and trauma recovery
- Upgraded safety and emergency response skills
- Safer families, workplaces, and communities
- Deeper, more connected, and more reliable relationships
- Enhanced ability to problem solve
- Leadership development and ability to confidently take charge when needed
- Ability to effectively navigate and respond to challenges
- Quicker decision-making in emergencies
- More able to handle stressful situations like negotiations and public speaking
- Strengthened verbal and physical boundary setting and de-escalation skills
- More likely to intervene if witnessing harassment or violence



WE ARE SAFER TOGETHER LLC

GROUP WORKSHOP PRICES

In-person experiential workshops are for a maximum of 20 people. Presentations are open to an unlimited number of participants. Prices are for in-person training unless noted.

WORKSHOP LENGTH

PRICE

1-Hour Safety Presentation	\$600
90-Minute Workshop	\$800
2-Hour Workshop	\$1,000
3-Hour Workshop	\$1,500
4-Hour Workshop	\$2,000
Virtual Workshop	\$300/hour

MULTI-SESSION DISCOUNTS

3-Sessions	10% off total
4-Sessions	15% off total
6-Sessions	20% off total

Workshops are in-person and customized to your needs, topics include:

- Building Blocks of Safety
- Boundary Setting and De-escalation
- Safety and Self-Defense for Everyone
- Self-Defense for Older Adults
- Self-Defense for People with Disabilities
- Women's or LGBTQ Safety & Self-Defense
- Bystander Intervention: Protecting Yourself and Your Community
- Dating & Relationship Safety
- Outdoors & Solo Travel Self-Defense
- Trauma-Informed Active Shooter Training
- Family or Youth Safety & Self-Protection

We are committed to providing accessible classes to everyone. We offer needs-based sliding scale and payment plan options. If finances are a barrier, please contact us.



WE ARE SAFER TOGETHER LLC

PACKAGE PRICING & MENU

PAGE 1



Our customized safety packages are designed to serve your business, clients, or group in a holistic, trauma-informed, inclusive, and comprehensive manner. Listed rates for complete packages with signed contract and deposit. Add-ons are priced extra.

TALK + TRAINING

Empower your group with a customizable package that begins with an engaging 90-minute Safety Presentation, followed by your choice of a 90-minute in-person Workshop tailored to your group’s needs and interests. See previous page for workshop topics. Add-ons available.

\$1,300

SAFE BUSINESS PACKAGE

Build a safer community by addressing specific safety concerns and developing plans to resolve them. Includes:

- 1-hour Safety Presentation
- 1-hour Discussion w/ Staff
- 90-minute Customized Workshop
- Add-on: Safety Consultation

Starting at \$1,800

ABUSE PREVENTION PACKAGE

Empower your team with comprehensive abuse and harassment prevention training to create a safer, more respectful environment for everyone. Includes:

- 1-hour Leadership Meeting
- 90-minute Customized Staff Training
- Anti-harassment plan recommendations

Starting at \$1,800

PRIVATE COACHING

Our safety and self-defense experts will provide a customized, private class for just you, you and your family, or you and a friend. Private coaching includes two of our instructors, and can take place in your home or another place you choose.

\$600 Per Hour

TRAUMA-INFORMED ACTIVE SHOOTER PACKAGE

Equip your team with an active shooter training package that prioritizes safety, awareness, and emotional resilience during critical situations. Developed by a trauma-informed mass shooting survivor, we will ensure your staff feels: 1. heard and 2. more confident about preparing for the worst. *We do not use fear tactics in our active shooter trainings.* Includes:

- 1.5-Hour Customized Discussion and Q&A with your staff or group
- 2-Hour Trauma-Informed “Demystifying Run Hide Fight” Training
- Add-ons: Active Shooter Policy Consultation; Additional Training Sessions; Safety Consultation

Starting at \$1,800



WE ARE SAFER TOGETHER LLC

PACKAGE PRICING & MENU

PAGE 2



SAFE SENIORS PACKAGE

For Active Seniors. Empower your clients with a customizable package that begins with an engaging 90-minute Safety Presentation, followed by a series of three 90-minute adaptive “Safety & Self-Defense for Older Adults” Workshops tailored to your clients’ ability levels.

\$2,700

SAFETY & SELF-DEFENSE FOR EVERYONE 3-CLASS SERIES

With three customized self-defense trainings in our empowering model, your group will better integrate the skills and feel more able to address freeze and fear. Inclusive of ability level and gender.

\$2,160 (90-minutes) / \$2700 (2-hour)

SAFETY PLAN DEVELOPMENT

Develop a comprehensive and custom safety plan with expert consultation tailored to the specific needs of your business, building, and staff, ensuring preparedness and peace of mind. (For new or existing organizations). Includes:

- Building Walkthrough (1-hour)
- 1-hour Discussion w/ Staff
- Safety Plan Development - Including Customization
- 2-hour Leadership Review and Training of Safety Plan
- 2-hour Staff Training of Safety Plan
- Add-on: Annual Review

Starting at \$5,000

EMERGENCY PREPAREDNESS PLAN REVIEW

Enhance your organization's readiness with a comprehensive emergency plan evaluation, customized and staff-forward plan recommendations, and an expert training. Includes:

- Safety Plan Review
- Building Walkthrough (1-hour)
- 1-hour Discussion w/ Staff
- Emergency Plan/Prevention Policy Recommendations
- 2-hour Customized Staff Training
- Add-on: Annual Review

Starting at \$3,000

Don't see what you want or know what you are looking for? Reach out to set up a free 30-minute meeting to discuss your unique training and consultation needs. We will help you build a customized program. If we aren't a good fit, we will direct you to someone who will be.

We are committed to providing accessible programs to everyone. We offer needs-based sliding scale and payment plan options. If finances are a barrier, please don't hesitate to contact us.