



THE SAFE WOMAN



I kept wondering why I hadn't taken this course years ago...

Award-Winning Pro-Active Safety for Women Taught by Women, for Women. Built for Real Life

Organisations increasingly recognise that women navigate unique safety considerations both inside and outside the workplace.

The Safe Woman Workshops provide practical awareness skills that help women feel more confident in everyday situations whilst supporting an organisation's commitment to safety, wellbeing, inclusion, domestic abuse reporting and duty of care.

Benefits for organisations include:

- Demonstrates commitment to female employee safety and wellbeing
- Supports psychological safety and confidence
- Complements existing wellbeing and safeguarding strategies
- Provides practical awareness skills relevant inside and outside work
- Encourages confident communication and personal boundaries
- Provides pathways to assist your domestic abuse reporting and support strategy
- Encourages community



Situational Awareness

Recognising risk early in dynamic environments



Decision Making Under Pressure

Staying calm & acting with clarity



Boundaries & Response

Clear communication and practical strategies

Workshop Details

- 3 hour in-person workshop
- Up to 20 female participants
- On-site or at your chosen venue
- Bespoke to your organisation
- Post session guidance
- BMABA accredited
- Mental Health signposting

Why organisations invest in The Safe Woman

- Enhances workplace safety culture
- Recognise behavioural warning signs
- Trust and act on instinct
- Set clear verbal and physical boundaries
- Understand environmental awareness
- De-escalation techniques
- Use simple self-protection techniques if needed
- Extra support for lone workers & travelling staff



Email us to schedule a call to discuss your needs



hello@thesafewoman.com