



# BE PROGRESSIVE. BUILD CONFIDENCE.

SELF DEFENSE TRAINING FOR YOUR WORKFORCE



## *“I’m safe... right?”*

Supporting your employees isn't just good leadership, it's good business. With Fighting Spirit Safety training, your business can see real, lasting, direct and indirect financial benefits while building a stronger, more resilient team.

### **Topics and programs include, but are not limited to:**

1. Personal safety and self defense: What is the difference and why is it important?
2. Issues your industry or school is facing regarding safety of its most valuable asset - people.
3. Escalation of violence: How to see things before they happen.
4. Awareness / risk reduction / conflict resolution.
5. Physical skills, standing up and on the ground.

Violence, whether it happens within the workplace or outside of it, can cause considerable harm to employee morale, increase work-related stress, and decrease the overall level of workplace harmony, not to mention potential human resource and compensation issues. Smart companies know that taking steps to keep their employees safe and healthy by implementing things like health and dental insurance, wellness programs, and on-the-job safety training is not only the right thing to do for their employees, but it's in the best interest of the company's own fiscal health, longevity, and success. Everyone in your business is important to the growth of your business and ultimately, your bottom line.

**FIGHTING SPIRIT  
PERSONAL SAFETY**

**734.904.1864**

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fightingspiritsafety.com

# YES YOU CAN!!



We emphasize what you CAN do, not what you can't, and we make it FUN!  
All are welcome and all fitness levels can do this.

## SESSIONS

**Bringing self defense and safety to all since 2007**

Tailored as a team building exercise for men and women or geared specifically to a women's workforce. We have worked with realtors, healthcare workers, restaurant & bar employees, corporate personnel, and employees that travel.

### **COST**

1.5 Hour Session, Up to 25 participants - \$375  
2.5 Hour Session, Up to 25 participants - \$450

### **LOCATION**

For program efficacy and access to equipment, sessions run at Fighting Spirit Safety located at 584 West Ann Arbor Trail in downtown Plymouth.

### **SCHEDULING**

Contact [tanya@fightingspiritsafety.com](mailto:tanya@fightingspiritsafety.com) for program availability.

### **AVAILABILITY AND START TIMES**

Monday - Thursday	Begin anytime from 9am-2pm
Friday	Begin anytime from 9am-6pm
Saturday	Begin anytime from 10am-1pm

### **PAST PROGRAMS**

University of Detroit Mercy, Notre Dame Women in Law, Flourish Wellness, International Automotive Components (IAC), ReMax Brighton, Michigan Nurses Association, Angela Hospice, A.R. Brouwer Co., Auria Solutions, Inc, American Association of Career Women, BASF Working Women's Group, Public & Private School Assemblies, Michigan State University EMPOWHER, U.S. Olympic Training Center, Women in Sports Leadership Conference, Dickinson Wright PLLC