

M power



M power

Self-defence courses for women, by women!
www.mpowerwomensselfdefence.com



M power

Self-defence courses for women, by women!
www.mpowerwomensselfdefence.com

Many organisations now provide their employees with personal safety training in the workplace as part of their staff development initiatives. Such training demonstrates to staff that the organisation appreciates them and cares for their welfare. Courses also provide the ideal opportunity for team-building and boosting morale.

The course is very practical and realistic. We actively emphasise practical empowerment by providing participants with general personal safety awareness as well as the tools to deal with a violent or an abusive situation. Your staff will leave our course feeling they have grown in confidence and capability to protect themselves.

This is not a martial arts course! It has been designed with the everyday person in mind. Course content is based on real-life safety awareness concerns and real life attack patterns that have been studied over many years.

“Can you come back next year? We got really great feedback!”
Babergh District Council

“The course was very informative and practical. I did things I never dreamed I'd be able to and had loads of fun too!”
NHS Nurse

Course details

Contact Dr Karen Smith • 07751 932408

