



Education, Prevention, and Mitigation for *Violence in the Workplace*

The **AVADE® Workplace Violence Prevention** training is designed to **educate, prevent, and mitigate** the risk of *violence to individuals in the workplace*.

IN THIS ONE DAY CERTIFICATION COMBO (8 HR) TRAINING WITH DEFENSIVE SELF-DEFENSE Tactics, participants will learn how to effectively *create, develop, and enhance* their personal safety with skills, habits and actions. Participants will learn strategies and techniques to avoid and prevent violence in the workplace. This course involves interactive exercises which will increase the retention and application of the material.

- All participants will receive the “**AVADE® Advanced Student Guide**” and certificate of completion.
- **AVADE®** Training meets **State and Federal requirements** for *Workplace Violence Prevention*.
- **AVADE®** 8hr Certification Cost – **\$2,997.00 per course**.

➤ Introduction

- What is **AVADE®** Training?
- What is **Workplace Violence**?
- Workplace Violence **Defined**
- The **Myth** of Workplace Violence
- **Crime** and **Violence** in the Workplace
- The **AVADE®** Principles
- **AVADE®** Modules and Objectives

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› Awareness

- **Awareness**
- Worker **Risk Factors** to WPV
- **Levels** of Awareness
- **Self-Awareness**
- **Emotional** Awareness
- **Situational** Awareness
- Environmental Awareness
- **Mental Movies** & Impressing the **Unconscious Mind**
- The **Amazing Mind**
- **Developing & Increasing** Awareness

› Vigilance

- **Vigilance**
- **Hypervigilance**
- The **Five Senses**
- **Trust** Your Intuition
- **Using** Your Intuition
- **Messages** of Intuition
- **Developing** Intuition

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› Avoidance

- **Who Commits** Violence?
- **Characteristics** of Individuals Who Commit Violence
- **Stranger** Violence
- What is a **Predator**
- **Predator-Prey & Adaptation**
- **Predator** Characteristics
- Prey **Paradigm**
- **Prey** Characteristics
- **Hard** Target vs. **Easy** Target
- **Guest/Client/Patient** Violence
- **Lateral** Violence
- **Domestic** Violence

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› Interpersonal Communication Skills

- Interpersonal **Communication Skills** (IPC)
- Interpersonal **Communication Involves**
- **Developing** Your Communication Skills
- The **Power of Influence**
- The Three I's of **Eye Communication**
- **Body Language**
- **Postures & Gestures**
- Hands (*Watch the Hands*)
- The **"Right"** Angle
- Components of the **Assault Cycle**
- Signs & Symptoms of **Stress**
- **Stress De-Escalation**
- Signs & Symptoms of **Anger**
- **Anger De-Escalation**
- Signs & Symptoms of **Intoxication**
- **Intoxication De-Escalation**
- Signs & Symptoms of **Combat**
- Strategies to **Avoid Physical Harm**
- Signs & Symptoms of **Submission**

› Defense of Self & Others

- What is **Self-Defense**?
- The **Attitude** of Self-Defense
- Post Incident **Response**
- Post Incident **Documentation**

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› Stress Management

- What is **Stress**?
- **Types** of Stress
- **Fear**
- **Fight-Flight-Freeze**
- Putting the **Brakes** on the **Fight-Flight-Freeze**

› Time & Distance

- **Time** or **Distance**
- **OODA** Loop
- **Weapons & Time/Distance**
- **Dangerous Weapons** in **YOUR** Workplace

› Escape Planning

- **Escape** Planning
- **Improper** Positioning
- **Own** the Door

› Emergency Codes & Procedures

- **Active Shooter**
- **Surviving** an Active Shooter

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SECOND HALF OF THE TRAINING COURSE SELF-DEFENSE TACTICS & TECHNIQUES

› Safety Rules

- Self-Defense Awareness

› Fundamentals of Defensive Tactics

- Stance-Balance-Stability
- Defensive Movements
- Robot Exercise
- Core Energy Principle
- Defensive Verbalization
- Distraction Techniques
- Escape Strategies
- Reactionary Gap
- Hand Positions

› Defensive Blocking

- Deflective Blocks
- Shoulder Block
- Elbow Block
- Turtle Block
- High Block
- Middle Block
- Outside Blocks
- Low Block

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▶ Personal Defensive Weapons

- **Palm Heel** Defense
- **Shoulder** Block
- **Fist** Defense
- **Hammer Fist** Defense
- **Forearm** Defense
- **Elbow** Defense
- **Knee** Defense
- **Kick** Defense
- **Vulnerable Areas** of the **Body**

▶ Self-Defense Techniques

- **One Hand Wrist Grab** Defense
- **Two Hand Wrist Grab** Defense
- **Bite** Defense
- **Hair Pull** Defense
- **Front Choke** Defense
- **Front Choke** Defense (*Special Situation*)
- **Rear Airway Choke** Defense
- **Rear Carotid** Defense
- **Rear Bear Hold** Defense
- **Ground** Defenses
- **Gun Threat Response** Defense
- **Knife Threat Response** Defense

▶ Elements of Reporting Self-Defense or Force

- **Report & Documentation** (*Post Responses*)
- **Civilian Levels** of Defense

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CONTACT US TODAY!

Get started by requesting a **FREE** Training Proposal.

Call now, Toll Free: **866.773.7763**