



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 book "**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

▶ **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

▶ **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

▶ **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

▶ **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

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

▶ **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

Contact Us Today!

Get started now by requesting a **FREE** Training Proposal. Call now, Toll Free: **866-773-7763**