



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

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*In this two hour (2 hr)* introductory course, 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® Basic Student Guide**" and certificate of completion.
- **AVADE® Training** meets State and Federal requirements for Workplace Violence Prevention.
- **AVADE®** 2hr Certification Cost – **\$1,697.00** 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
- Self-Awareness
- Emotional Awareness
- Situational Awareness
- Mental Movies & Impressing the Unconscious Mind

## ▶ **Vigilance**

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

## ▶ **Avoidance**

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

## ▶ **Interpersonal Communication Skills**

- Interpersonal Communication Skills (IPC)
- Developing Your Communication Skills
- 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 = Safety
- Weapons & Time/Distance
- Dangerous Weapons in **YOUR** Workplace

## ▶ **Escape Planning**

- Escape Planning
- Own the Door

## ▶ **Emergency Codes & Procedures**

- Active Shooter
- Surviving an Active Shooter

## **Contact Us Today!**

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