



**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 (8 HR) WPV PREVENTION TRAINING, 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®** 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
- The Three Categories of WPV Prevention
- **AVADE®** Modules and Objectives
- General **Personal Safety** Measures
- Personal **Safety Habits** | **Developing** Habits | **Benefits** of **AVADE®** Training

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## ➤ Awareness

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

## ➤ Vigilance

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

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## › Avoidance

- **Who Commits** Violence?
- **Characteristics** of Individuals Who Commit Violence
- **Stranger** Violence
- What is a **Predator**
- **Predator-Prey & Adaptation**
- The **Reverse** Line-Up
- **Predator** Characteristics
- Prey **Paradigm**
- **Prey** Characteristics
- **Hard** Target vs. **Easy** Target
- **Confident-Assertive-Defensive** Presence
- **Guest/Client/Patient** Violence
- **Lateral** Violence
- Lateral Violence **Symptoms**
- **Domestic** Violence
- Observable Behaviour May Suggest **Possible Domestic Victimization**
- **Protect Yourself** from Domestic Violence in the Workplace
- **Imminent Threat** of Domestic Violence in the Workplace
- Developing Your **Avoidance Ability**

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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**
- **Developing IPC**

## › Defense of Self & Others

- What is **Self-Defense**?
- The **Attitude** of Self-Defense
- **Assault**
- **Types** of Assault
- 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**
- **Managing** Your Stress
- **Strategies** for Managing Your Stress
- **Post Incident** Stress Debriefing
- **Critical Incident** Stress Debriefing

## › Time & Distance

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

## › Escape Planning

- **Escape** Planning
- **Improper** Positioning
- **Own** the Door
- **Dominant** Hand / Proper **Positioning**
- The **“Right”** Angle
- Spatial **Empathy**
- Proper **Escorts**
- Relationship **Escape Plans**
- **Developing** Escape Plans

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## › Environmental Factors

- **Environmental Safety** Factors
- Safety **Mirrors**
- **Lighting**
- **Cameras** - CCTV
- Panic **Alarms**
- Private **Places**
- **Access** Control
- Staff **Identification**
- **Parking** Lot Safety
- **Obstacles** Around You
- **Telephone** Safety

## › Emergency Codes & Procedures

- **Emergency** Codes
- **Robbery** Code
- **Combative Person** Code
- Combative Person **Team Positioning**
- **Weapon** Code
- Active **Shooter**
- **Surviving** an Active Shooter
- Personal Codes for **Alerting Others**



### **CONTACT US TODAY!**

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

Call now, Toll Free: **866.773.7763**