



**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 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

### ▶ **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

## ▶ **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

## ▶ **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
- Signals 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

## ▶ **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
- Improper Positioning
- Dominant Hand / Proper Positioning
- The “Right” Angle
- Spatial Empathy
- Proper Escorts
- Relationship Escape Plans
- Developing Escape Plans

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