



## Personal Safety Empowerment Course for Women and Girls

**Doesn't every woman need to be able to keep safe and harness their own power in any conflict situation?**

Well now you can with this four week workshop taking place at the Haringey United Church-Baptist! This workshop provides practical and simple real life information, tools and techniques in keeping women and girls safe, in the home, work, place of study & outside their communities.

You will learn practical skills and solutions to deal with unwanted sexual, physical and emotional abuse so you feel more confident and assertive about personal safety as well as helping you to:

- † Understand why you could become a victim
- † Work through feelings of inner conflict
- † Work through solutions and get real life practical safety tips!
- † Increase your self confidence no matter where you are
- † Empower yourself to create change and stand up for yourself
- † Develop strategies and techniques to manage change
- † Improve the quality of your life



**Sev Necati** is an Award-winning qualified professional complimentary practitioner, instructor & consultant with many years of experience and knowledge of working with young people and women. Sev has high profile collaborations with:

- The Home Office
- The Metropolitan Police
- The British Transport Police
- Suzy Lamplugh Trust
- The Jill Dando Crime Science Institution UCL
- Haven &
- Team Hackney

### WORKSHOP DETAILS

**When:** Starts Thursday 4<sup>th</sup> March and every Thursday until Thursday 25<sup>th</sup> March 2010

**Time:** 7.30 –9.30pm

**Cost:** **FREE**

**Where:** Haringey United Church-Baptist , Allison Road, Green Lanes, London N8 ORG

---

### HOW TO BOOK

- Book by contacting Tim Hannah or Sev Necati.
- Call Tel: 020 8721 2670 now! Or 07050 614 116
- email at: [Tim.Hannah@met.police.uk](mailto:Tim.Hannah@met.police.uk) or [info@sevnecatitraining.com](mailto:info@sevnecatitraining.com)
- 

(Note: minimum age for attending 13+ and permission from parent / career will be required if aged under 16)