

## Testimonials



**Children's Safety**

**Youth Safety**

**Women's Self Defence Courses**

**Personal Safety Awareness Sessions and Workshops**

**Workplace Safety**

### Children's Safety

#### Empowering Children To Stay Safe Workshops

'Excellent. Learnt so much, thank you!'

'I'll be pushing this at my P & C.'

'Very good content. Well done!'

'I would like to be able to listen and learn more. It is a very important subject.'

#### Protective Behaviours Awareness Sessions and Workshops

##### a) Awareness Sessions:

'Very informative, a must for any parent or volunteer in a children's organisation.'

'A lot covered, but in a very engaging way.'

'Take it to the community - this is a MUST. Very informative.'

'Excellent and very informative and I appreciate the usage of the KIS (keep it simple) technique.'

'Excellent presentation. Information very relevant and worthwhile. Easy to understand.'

'Would like to see our Leaders attend this' (Scouts Australia).

'Will be useful to my role in Guiding both as a leader with girls and trainer of adults.'

'Found it very informative and interesting, even for someone who has already had some training.'

##### b) Workshops:

'Thoroughly enjoyed the course. I look forward to using learnt techniques.'

'I found this to be an exciting, funny and educational day. Kim was fantastic.'

'Outstanding course, very informative, educational and practical. All activities very relevant and fitting to the course content and all resources are great.'

'Excellent course. Very enjoyable and I learnt a lot. Great team activities.'

'All sessions were well structured and very informative + exceptional presentation techniques. Top Shelf!!!'

'I found this a very useful workshop both as a parent and Safety House Committee member. PB is a really good life skill.'

'Excellent modelling of the communication style embedded in the PB program. Highly effective and congruent presentation and content.'

#### Recognising and Reporting Child Abuse Awareness Sessions

'One of the best sessions I have attended on this topic in the last 15 years'.

'Fantastic enthusiasm and passion. We need more people who are dynamic about this topic presenting to parents, cadets and leaders within the community and our organisations.'

'The training session has provided me with a comprehensive understanding of reporting child abuse and signs to look for.'

'All information was relevant to my job in child care. Easy to understand. Most importantly I am able to take the information back to my staff for training.'

'Facilitator's background and knowledge was amazing. An excellent public speaker.'

'All information was very relevant to my needs as a carer.'

'Would recommend the course for other staff.'

'Fantastic – really user-friendly workshop!'

'Brilliant, can't fault! Was straight to the point, no waffling.'

'Kim expressed herself with professionalism, conveying the importance of being aware and procedures to follow.'

'Great eye opener. Thank you.'

*(top)*

## **Youth Safety**

### **Youth Safety Workshops**

'Very enlightening.'

'Entertaining and informative.'

'I learnt a lot.'

'It was so much fun learning how to keep yourself safe, thanks.'

'Very useful. I'm sure I will use the strategies throughout my life.'

'The workshop taught me a lot of new things and cleared up some myths about self defence.'

'Fun and interesting.'

*(top)*

## **Women's Self Defence Awareness Sessions and Courses**

### **a) Women's Self Defence Awareness Sessions:**

'Brilliant, so interesting. I LOVED it. I felt very empowered.' Nicole

'It was fantastic.' Anita

'Would have loved it to be longer. Felt very empowered.' Kerry

'I have learnt a great deal and feel much more confident.' Claire

'For the time we had we covered a great range of things – excellent!' Jodie

### **b) Women's Self Defence Courses:**

'Absolutely fantastic! Loved everything. People complain about how dangerous society is, but if they just did this course, I guess that there would be a massive reduction of attacks on women.' Sarah, student, age 16

'This course was excellent. Kim is a fabulous teacher and facilitated some great discussion. I would recommend this course to anyone.' Rachel, Management Consultant, age 43

'Tremendous morale booster. Reach as many women as you can.' Yvonne, retiree, age 69

'Fantastic, each of the course components were excellent! I wish this course was on every week!' Cassandra, waitress, age 24

'Easy, effective techniques, great instructor who explained everything well'.  
Rebecca, Library Assistant, age 25

'Excellent course, every woman should do it.' Herminia, Administration Officer, age 29

'I found every aspect of this course interesting, informative, active and fun! I loved attending and feel much more confident and informed.'  
Melissa, Library Assistant, age 23

'I found this course very informative and a lot of fun. Now I have a lot more self confidence'. Kylie, Finance Officer, age 40

'It is not until you do the course that you realise how important it is'. Sandy, Administration Officer, age 50

'I would strongly recommend this course to others as it gives you a chance to physically practice and know what your strengths are.'  
Amanda, Administration Officer, age 20

'The course is empowering! Increased my confidence in handling potential threats and was very enjoyable.' Tonia, Engineer, age 35

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## **Personal Safety Awareness Sessions and Workshops**

'A fantastic session both personally and professionally.'

'Excellent presentation. Will recommend to others.'

'From personal experience I found the information that was presented does in fact work well.'

'Overall workshop was most interesting and beneficial for my work environment.'

'I gained a lot of knowledge and strategies from the workshop.'

'Best and most appropriate training we have done.'

'The facilitator was excellent. She was really great with the group, taking into consideration everyone's needs. Good contrast between talking to participants and listening/brainstorming.'

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## **Workplace Safety**

### **Dealing with Difficult and Aggressive Clients Awareness Sessions and Workshops**

#### **a) Dealing with Difficult and Aggressive Clients Awareness Sessions:**

'Very well presented. I am now aware of how to handle situations in the future.'

'Excellent presentation, it was easy to listen to.'

'Well explained, very knowledgeable presenter. The content was very appropriate to my workplace needs.'

'Very interesting and well explained. I'm glad I came to the session.'

'Fantastic personality to portray such an important aspect of childcare.'

#### **b) Dealing with Difficult and Aggressive Clients Workshops:**

'Enjoyed the training and (would) recommend this to trainees in customer service as a mandatory requirement.'

'Crucial in our day to day role with Council.'

'I feel more confident in dealing with customers. Excellent training.'

'Great course and I have over 30 years experience in customer service and over 20 years self defence experience.'

'Knowledge and presentations skills of facilitator were excellent!!'

'Very interesting and inspirational.'

'Enjoyed the self defence tactics and found the role playing important.'

'Great workshop – I will encourage more members to attend.'

'Excellent presentation skills – very professional.'

'Kim was a very effective teacher and had more than enough knowledge. I highly rate this course.'

'This is one of the best learning days I have ever had'.

'Kim is a very good facilitator. Her vast background and experience shows in her ability to put that across to her students'.

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