



Empowered
Healing

Self-Defense & Life Skills Training for Youth: 13-18 yrs. old

March 4, 2023, 10 am-2pm

Location: Holiday Inn & Express Oro Valley



Course Description: Participants are taught using experiential learning, thinking outside the box with reflections, and teamwork. They will be taught how to defend themselves physically and will learn how to prevent an attack against them. This training is engaging and fun! This course includes:

What situational awareness is (being aware of their surroundings) and how to preplan for an emergency or an attack.

How to tap into their intuition (gut feeling) and how to use it to their advantage in a situation that does not feel right to them.

Boundary work: boundaries defined, why boundaries are important to establish in their personal lives as well as with strangers and creating a boundary line for physical contact.

Statistics on victimization of sexual assault crimes, what human trafficking is, and ways they can stay safe from these crimes.

Physical Self-Defense includes learning basic striking techniques, defensive techniques, confidence building simulations, how to use their voice, and survival mindset!

For more information contact:

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Michelle has over 20 years of martial arts experience which includes self-defense. She has trained law enforcement, adults, and youth. She has her Master's in Education and Training and is passionate about educating the community on ways to increase their safety.