IMPACT BAY AREA TEACHES EFFECTIVE BOUNDARY SETTING, PERSONAL SAFETY, & EMPOWERMENT SELF-DEFENSE SKILLS.

Our online trainings for your business, community group, or school empower individuals, strengthen teams, promote personal safety, and prepare students to set effective boundaries in daily life and in worst case situations. These classes can be tailored to meet your specific needs. We offer discounted rates to non-profit organizations for private classes.

INTRO TO PERSONAL SAFETY

In this one-hour class, students develop intuition, situational awareness, congruent body language, and verbal skills to deescalate and deter assault and harassment, and learn two simple and effective physical techniques.

Price: $950 $650

USING YOUR VOICE

This 90-minute class introduces verbal strategies that can be used to address everyday situations, including boundary setting, deescalation, and bystander intervention. Students practice their skills in role play exercises.

Price: $1400 $950

GROUNDING & ADRENALINE MANAGEMENT

This 90-minute class provides supportive tools for grounding and adrenaline management. Participants learn skills to process and manage their own adrenaline, and develop an enhanced toolkit for self-care in stressful situations.

Price: $1400 $950

CONTACT US: Webform www.impactbayarea.org/private_programs
Or email info@impactbayarea.org