

2019 MÂCHÉ Conference

Title: Wise Escapes for Women: A Seminar on
Personal Protection and Crime Prevention

Speaker: Steve Donofrio

Session: 3 Date: Friday Time: 3:00



Wise Escapes

The superior man, when resting in safety, does not forget that danger may come. (Confucius)

A. Getting Started

1. _____
2. _____

B. Knowledge, awareness, choices

1. _____
2. _____
3. _____

C. Fitness, skills, health

1. _____
2. _____
3. _____

D. Community, relationships, communication

1. _____
2. _____
3. _____

E. Technology, weapons, gadgets

1. _____
2. _____
3. _____

Personal or group Discussion questions

1. What is one thing you learned today that you did not know before?
2. What was your favorite thing you learned today?
3. What is one thing you will do to apply what you learned today?

Get your **FREE** *Getting Started with the Self Protection Matrix Booklet* by stopping by my table or email me at info@puraglobal.com ... Put “Self Protection Matrix Booklet” in the subject line and include your full name and that you heard the seminar at MACHE 2019 .

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