

## ABOUT SAM TRAINING

Whether it's Empowering the Girls We Love, or Strategies on 'Personal' Safety<sup>SM</sup> (SOS) to prevent and defuse school and/or workplace violence, SAM Training offers programs in personal safety and risk reduction.

In 2006, the tragedies of the Amish school shooting in Pennsylvania prompted Roland Ouellette, author and founder of the highly acclaimed Management of Aggressive Behavior (MOAB<sup>®</sup>) program used by over 5,000 agencies worldwide, to turn his expertise specifically to the education community. Together with his daughter Ellen van Olden, and using the core principles developed for violence prevention training, Roland and Ellen created SAM Training<sup>®</sup> to address the rising threats of violence on campuses nationwide.

Today, SAM (Safe Approach for Managing Aggressive Behavior) Training is known for its time-tested techniques and science-based approach to personal safety and risk reduction training. Whether it's training faculty and staff to protect themselves and their students from injury, or empowering high school and college aged girls with practical skills to raise awareness and avoid dangerous situations, SAM provides expertise, knowledge and skills.

### THE BENEFITS OF SAM PROGRAMS ARE:

- Increased confidence to effectively handle threats and/or violent encounters
- Reduced fear & stress
- Increased overall safety, skills and habits
- Increased ability to protect oneself and others
- Increased likelihood of a positive outcome and reduced risk of becoming a victim
- Increased ability to respond to situation

### Schools need better ways to ensure faculty, staff and student safety in the event of physical conflict or threats of violence.

At SAM Training<sup>®</sup>, we can help. Our dedicated and experienced team of law enforcement and safety trained professionals are committed to teaching individuals with science-based skills and time-tested strategies to avoid physical harm and protect themselves should the need arise. Our programs stress prevention and preparedness empowering individuals with life skills they can use. There's no one solution but together we can make a difference and save lives.

**Strategies on 'Personal' Safety<sup>SM</sup> (SOS)** 1 ½-2 hour Presentation, for large groups, stressing awareness, preparedness and prevention, empowering individuals with practical safety skills to react to confrontations and threatening or potentially violent encounters.

**Strategies on 'Personal' Safety<sup>SM</sup> (SOS)** 3-hour Basic Training, is an in-depth introductory course stressing awareness, preparedness and prevention by empowering faculty and staff with practical skills to avoid danger while learning strategies for managing and/or escaping physical conflicts or threats of violence.

**Strategies on 'Personal' Safety<sup>SM</sup> (SOS)** 6-hour Instructor Training provides information, techniques and teaching tools that will allow designated staff member(s) to effectively train faculty, staff and students to stay safe, year after year. Participants will learn how to: plan effectively, resolve conflicts decisively and manage physical confrontations with proven principles and techniques regardless of age, size or ability.

**Empower the Girls We Love: Personal Safety Training 101** is geared toward all women, with a particular focus on high school and college-aged girls. This 3-hour course is an excellent way to prepare individuals with confidence-building, practical skills to raise awareness and learn how to avoid dangerous situations while learning strategies for managing and/or escaping physical confrontations.