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## Strategies on “Personal” Safety 3-Hour Basic Training

### Description

Strategies on “Personal” Safety™ (SOS) 3-hour program 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 physical conflicts or threats of violence.

At SAM Training, our dedicated team of law enforcement and safety trained professionals are committed to maximizing the knowledge and skills of individuals who may end up in harm’s way by providing the tools to protect the safety and welfare of students, faculty and staff.

### Objectives

- Learn to be proactive about personal safety to minimize the risk of becoming a victim.
- Learn how to manage fear and anxiety during stressful situations.
- Learn, practice and master skills to use when threatened.
- Learn how to evaluate threats and possible options.

### Benefits:

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

### Program details:

- Introductory course is 3 hours
- Each participant receives a handbook
- Program is offered on-site

# Strategies on “Personal” Safety (SOS)

## 3-Hour Basic Training

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### 1. Introduction

- About the Program
- Course Objectives
- School / Campus Violence

### 2. Strategies for Preventing and Diffusing Aggressive Behavior

- Introduction: Awareness, Listening to Intuition, Having a Plan, Know Options
- Mental Conditioning & Practice (prepare the mind & body, have a plan)
- Personal Space (the area others are not expected to intrude)
- Principles Used to Avoid and/or Win a Conflict
  - Principles of Reactionary Distance (the reaction time of the mind)
  - Principles of Center (where our strength is located)
  - Principles of Diversions/Distractions (used to avoid conflict and escapes)
  - Body Language Skills (eye communication, gesture, posture, & facial expressions)
  - Principles of Mass vs. Velocity (the power of speed)
  - Principles of Shock Wave Energy (the transfer of energy)

### 3. Personal Defense and Safety Skills

- Frontal Strangulation Response
- Wrist Grab Response
- Weapon Threat Response
- Use of Floor/Ground Response
- Control the Threat Response
- Response to Active Shooter
- Attack the Attacker Response
- History and Use of Pepper Spray (optional)
- Pepper Spray vs. Armed Intruder (optional)

### 4. Application of Techniques: Demonstration and Student Participation

- **Introductory Phase:** Explanation of the skills, the steps involved, the purpose, and the results to pursue.
- **Practice Phase:** Participants will have the opportunity to practice the skills and receive feedback.
- **Perfecting Phase:** Participants will have the opportunity to practice with different students.

### 5. Review of Techniques, Question and Answers, and class evaluation

## What Are People Saying About Our Training

*"The most important skill I took away from this course is what to do in crisis situations to survive (a plan)"*  
**Zelder McFadden, Coordinator of School Safety, Rochester City School District**

*"The fact that we all have multiple options when we are attacked was the most important skill I learned."*  
**Jim Nelson, Assistant Principal, Honeoye Falls-Lima High School, NY**

*"This was excellent and everyone should attend."*  
**Lynn Ann Bertolio, Faculty, Saint Andrews School, FL**

*"I believe this program should be in every school in the nation. It is easy to put into place because you have provided excellent materials and training that provide a ready-to-use tool for combating school violence on whatever scale such violence might occur. I commend you on your vision of making all of our schools safer places and congratulate you on developing and implementing the valuable resource that is in this program"*

**David Keller Trevaskis, Esq., Law, Education and Peace for Kids, Inc, PA**

*"I wanted to take this opportunity to thank Roland for your extraordinary presentation yesterday. Knowing you and your background, the bar was set very high. I anticipated a quality presentation, but you far surpassed even those expectations. I made it a point to watch the audience. You totally owned them for three hours and that was a tough audience. The attorneys and HR managers were the individuals that I felt were likely to be the most critical, yet they were the most complementary. One said, "It was a very well thought out and logical approach to a very serious problem." As I sat through your presentation, I kept thinking that I wished my wife and daughter were here to learn from what you had to say. I think that is the ultimate compliment, because they are what mean the most to me in this world."*

**John Jacewicz, Vice President & Assistant General Auditor**  
**The Hartford – Investigative Services T-15**

*"In the Fall of 2012, Roland presented a personal safety program at an Evening of Appreciation for female clients of our law firm. The program was very well-received, and as a result of the enthusiastic response of the participants, we asked him to present a program for our employees and their family members. We received very positive feedback from attendees at both sessions, and one client who attended the Evening of Appreciation shared with us that she was so impressed by Roland's presentation that she arranged for Ellen van Olden to conduct training in her community. The information Roland presented to our clients and employees was practical and well-organized, and he provided attendees with a better understanding of the cues that body language can provide, as well as practical safety tips we could implement immediately. I would not hesitate to recommend Roland to any organization that is considering offering a program in personal safety training."*

**Betsy Landry, Director of Human Resources**  
**Mirick O'Connell - Offices in Boston, Westborough & Worcester, MA**