



# True Shield:®

## Verbal Self-Defense For Girls

### OVERVIEW OF THE PROGRAM

- Develop your verbal skills so you can speak out for yourself + others
- Tap into your own powers to become strong, calm + confident
- Learn how to handle yourself in the most difficult + dangerous scenarios
- Discover 2 key martial arts techniques that can save your skin in any situation
- Cultivate inner stillness so you're grounded, solid + serene
- Find hidden Superhero skills you didn't know you had

### **You can control your thoughts, words and actions to deal with dangerous or difficult situations**

In this workshop we distill and simplify the process of verbal self-defense for each of the most precarious situations that girls will encounter with friends, family, teachers, boyfriends, colleagues and strangers.

There are simple proven practices adapted from martial arts techniques that can help keep girls safe anywhere. The old model is to teach physical self-defense. The new model is to use verbal self-defense first to prevent a physical attack.

We'll release the incredible superpowers within you so you instantly become stronger and more resilient. You'll learn how to command yourself and others without muscle or manipulation. And you'll understand how to influence people by your own actions and mindset.

Speak your mind. Stand your ground. Sing your song.®

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