



# True Shield®:

## Verbal Self-Defense For Girls

**5 Essential Assertiveness Skills You or  
Your Daughter Need to Know Today to  
Become an Entrepreneur/Executive  
Tomorrow**

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[www.prsecrets.com/](http://www.prsecrets.com/)

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**Susan Harrow** is a world-renowned media coach and martial artist. She has a black belt in Aikido and is author of the best-selling book, *Sell Yourself Without Selling Your Soul®* (HarperCollins). Her [True Shield®: Verbal Self-Defense For Girls](#) course teaches girls 12- 24 how to protect themselves in 10 of life's most difficult and dangerous situations that they'll likely encounter — and stay safe. Find it at [prsecrets.com](http://prsecrets.com)

1. Albert Einstein taught you something with a simple question. What is it?
2. Share with us the number one secret to getting your way that you've trained thousands of people to do for media appearances - that your daughter can do in a snap to get her way.
3. You say that there is an easy way to be heard, at a meeting, party, at school, even when people talk over you. Please tell us.
4. The Mormon missionaries have a strategy that you use in your [True Shield®: Verbal Self-Defense For Girls](#) course that the YWCA, Girls Inc., Boys & Girls clubs and Girl Scouts are using that is key for becoming successful. Let us know.
5. There is a big mistake most girls make that stops them from being taken seriously — that can derail any negotiation, deal, or dangerous situation. How can they stop doing it?
6. You've created a Prevent Sexual Assault Vault and a #NotMe Movement. What's in it and how can it help girls be more assertive? Tell us more about the #NotMe movement and why you started it.
7. Go to [prsecrets.com](http://prsecrets.com) to access the vault. It's under FREE on the top navigation.



## LONGER BIO:

**Susan Harrow** is a world-renowned media coach and martial artist. She has a black belt in Aikido and is author of the best-selling book, *Sell Yourself Without Selling Your Soul®* (HarperCollins). For the past 35 years she's run Harrow Communications, a media consultancy, where she's media trained thousands of people in verbal and non-verbal communications. She's created a course called [True Shield®: Verbal Self-Defense For Girls](#) that teaches young women 12-24 how to protect themselves in 10 of life's most difficult and dangerous situations that they'll likely encounter — and stay safe. Her newest offering is a [woman's empowerment course](#) that helps prevent sexual harassment in the workplace, in social situations and at school. Women can get free training in her [Prevent Sexual Assault Vault](#) + #NotMe Movement

**AVAILABILITY:** Nationwide by phone, text and Zoom; available last minute.

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