



FIND YOUR
POWER
♀

Programs for Women

DIVAS IN[®]
DEFENSE

ABOUT US

Divas In Defense was started by brothers, Chris and Cole, who witnessed domestic violence firsthand. Now both husbands and fathers, they've pledged to prevent the violence, which was witnessed by them, against as many women and girls as possible.



OUR MISSION

It is our mission to empower women of all ages with the training and tools imperative to their personal safety and the safety of their families. Through fun, instinctive learning; women gain the knowledge to protect and arm themselves while gaining confidence to be Fierce & Fabulous!

OUR VISION

To educate and empower females around the world by drastically reducing violence against women through our Passion For Protection.



VIOLENCE AGAINST WOMEN

- **Most** women experience physical abuse in their lifetime
- Nearly **one-quarter** of women experience a physical or sexual assault by an intimate partner
- **Seven in ten** assaults against women are perpetrated by an intimate partner
- **One in five** women are raped in their lifetime
- **One in three** murder victims are killed by their husband or boyfriend
- **One in ten** female assault victims has a head or spinal cord injury as a result of the attack
- Most assault victims don't receive medical care
- **Eighteen percent** of mass shooters have a domestic violence charge

Fierce & Fabulous

In this course, you'll learn how to condition yourself to be alert and aware of dangerous situations that can easily be prevented. In addition, you will learn to develop and utilize the following components:

- How to use your natural instincts to protect and defend yourself
- Master the basics of assessing your environment for weapons and escape routes
- Understanding the key vital points of the body that can distract an attacker
- A natural defensive stance that can throw any attacker off-guard
- Basic strikes, basic blocks, basic kicks
- An overview of self-defense at close, middle, and longer ranges.





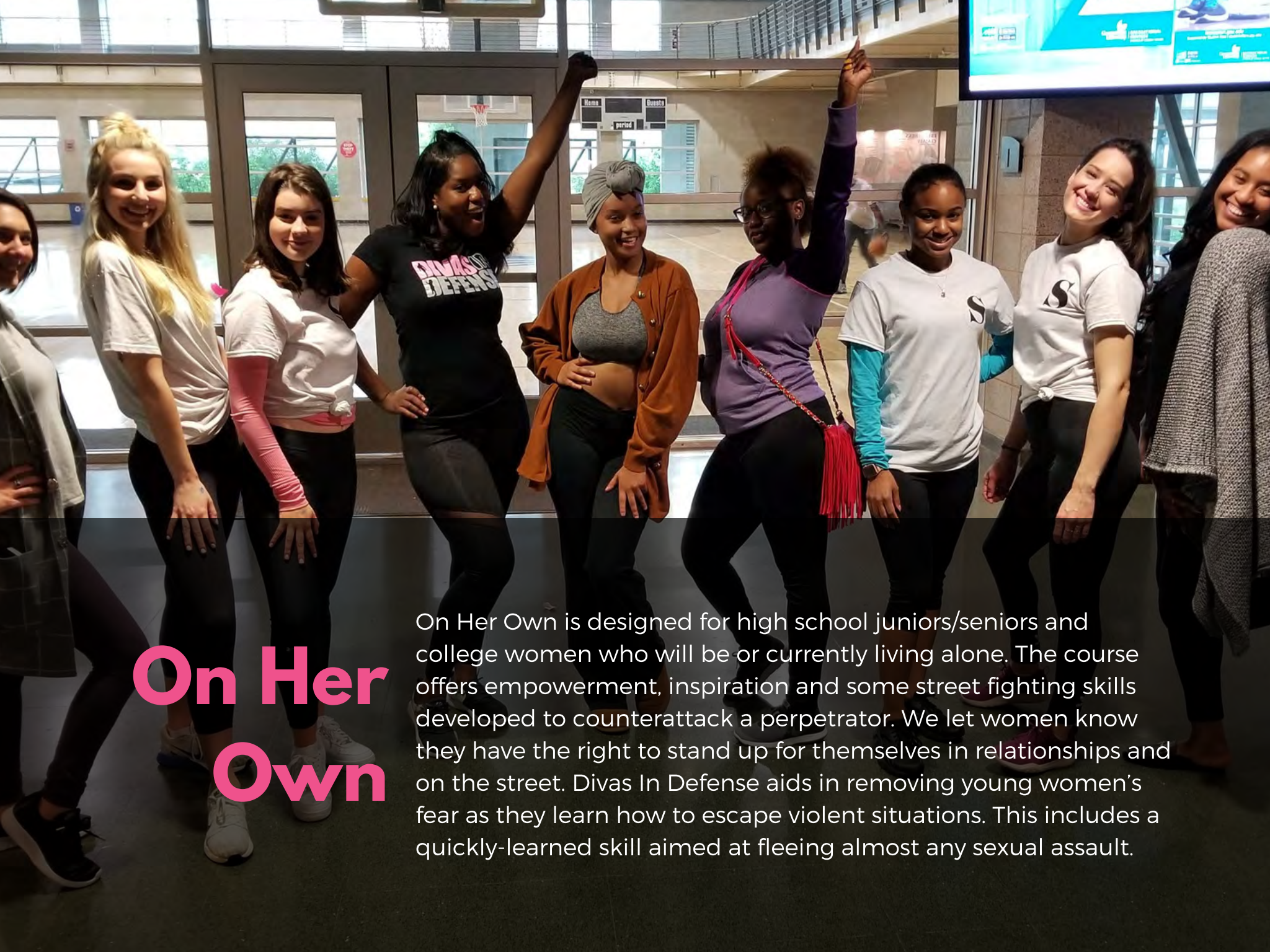
Kicks & Cocktails

Grab some girlfriends, co-workers or family members and **Find Your Power** in our on-site, fun-filled two-hour self-defense workshop. It includes a complete self-defense class with pepper spray and stun gun training. Learn invaluable, life-saving tools and techniques to protect both you and or your family. We travel to you, when and where you want instruction. Hostess responsible for refreshments.

Punchin' Luncheon

Divas In Defense Instructors will come to you and present a lecture on various topics such as Workplace Bullying Prevention, Situational Awareness, Sexual Harassment Prevention, Active Shooter Training and much more. In addition, we will also demonstrate invaluable, lifesaving self-defense techniques and have a Q & A about a wide array of safety tips and statistics.





On Her Own

On Her Own is designed for high school juniors/seniors and college women who will be or currently living alone. The course offers empowerment, inspiration and some street fighting skills developed to counterattack a perpetrator. We let women know they have the right to stand up for themselves in relationships and on the street. Divas In Defense aids in removing young women's fear as they learn how to escape violent situations. This includes a quickly-learned skill aimed at fleeing almost any sexual assault.

Booking:

Individual Pricing:

Program	Duration	Participants	Cost (Per Participant)
Fierce & Fabulous	One Hour	Single or Group (10)	\$35
Kicks & Cocktails	Two Hours	Group (6)	\$50
On Her Own	Four Hours	Single or Group (6)	\$129
Punchin' Luncheon	One Hour	Group (10)	\$50

Group Pricing:

Program

Fierce & Fabulous	Up to 10: \$350	Up to 20: \$500	Up to 50: \$1000
Kicks & Cocktails	Up to 10: \$500	Up to 20: \$850	Up to 50: \$1500
On Her Own	Up to 10: \$1000	Up to 20: \$1500	Up to 50: \$2500
Punchin' Luncheon	Up to 10: \$500	Up to 20: \$1000	Up to 50: \$2000

* Non-Profit discounted rates available. *

** Contact for quotes over 50 participants. **

Grants available for request at: <https://divasindefense.com/non-profit-organization-grants/>

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THE THING YOU FEAR THE
MOST HAS NO POWER.
YOUR FEAR OF IT IS WHAT
HAS THE POWER.

OPRAH WINFREY

ALL SOCIAL MEDIA PLATFORMS:

@DivasInDefense



www.divasindefense.com