

# ESD IN CORPORATE ENVIRONMENT ADVANCED WORKSHOP CURRENT ISSUES

Boundary Setting

Hate Speech

Bystander Intervention

Advanced physical techniques



## 6 WAYS VIOLENCE CAN AFFECT EMPLOYEES

- ♥ Emotional trauma
- ♥ Anxiety and stress
- ♥ Depression
- ♥ Post-Traumatic Stress Disorder (PTSD)
- ♥ Physical Health
- ♥ Toxic Work Environment

## ATTEND A UNIQUE 3,5 HOURS WORKSHOP

During this workshop you will refresh using 5 principles of ESD, share your experience, improve your communication skills, learn more about the current threats and work on your personal safety plan. Advanced physical techniques will be presented.

**TRAINING IS DESIGNED TO FIT YOUR STRENGTHS AND IS TAILORED TO YOUR CHARACTER. YOU WILL NOT BE FORCED INTO ANY TECHNIQUES YOU DO NOT WISH TO TRY.**

**80% OF WOMEN WHO ACTIVELY DEFEND THEMSELVES CAN DETER AN AGGRESSOR FROM ATTACKING. LEARN TO STAND UP FOR YOURSELF. IT MAKES SENSE.**

**87% OF VIOLENT ACTS COME FROM PEOPLE WE KNOW.**

**VIOLENCE DOESN'T JUST HAPPEN IN DESERTED PLACES.**

## FIVE EMPOWERMENT SELF-DEFENSE FOR FEMALE POLITICIANS AND ACTIVISTS

- Think** ♥ Know where the danger might come from. Learn about strategies how to protect yourself.
- Yell** ♥ Communicate your feelings and emotions. Ask for help.  
Tell others what you would like them to do, instead of saying „Don't do“...
- Run** ♥ Do not exhaust yourself in engaging in violent internet forums or discussions.  
Block aggressive responses.
- Fight** ♥ Report. Do not give up. Nothing is wrong with you.
- Tell** ♥ Share your story. Get the community support.  
Have five immediate close friends who are ready to help.

The workshop will be led by Linda Štucbartová, the first certified ESD instructor in the Czech Republic and also the founder of ESD Czechia. She has more than 20 years of experience in leading leadership programs. She likes to share ESD concept as it is easy to learn and applicable in practice, even for those who have no previous experience with martial arts. **CONTACT: linda@stucbartova.cz**