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## Personal Safety *for* Helping Professionals



Kelly Rudolph  
Personal Safety Trainer

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### Personal Safety TeleWebCast Attendance Details

- Date:** Wednesday, February 27, 2008
- Time:** 8:00 pm Eastern / 5:00 pm Pacific
- Link:** [www.SafetyTeleSeminars.com](http://www.SafetyTeleSeminars.com)  
(copy and paste into your web browser to attend live via web)
- Phone:** 419-400-0203 Conference ID: 920868#  
(call in to attend live via phone—long distance charges may apply)
- Topic:** “Personal Safety for Helping Professionals”
- Action Guide:** <http://www.SafetyTeleSeminars.com/action>  
(copy and paste into your browser)

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### 4 Tips to Get the Most Out of This Event

1. **Print** out the fill-in-the-blank Action Guide to capture all of the safety information.
2. **Think** of how the secrets revealed on can impact your life.
3. **Share** safety tips you learned with 3 people within the next 2 days.
4. **Begin** creating your “new safety habits” right now.

**SPECIAL NOTE:** This TeleWebCast starts on time according to [www.Time.gov](http://www.Time.gov) so please dial in five minutes early so you can avoid missing content. Your courtesy is most appreciated.

## Who is Kelly Rudolph and why should you listen to her?

1. Kelly is a survivor of rape and domestic violence.
2. She created SURVIVE! Self-Defense in 1999 to teach crime prevention and simple self-defense skills she looked for but could not find.
3. Kelly has appeared on national TV with John Walsh of America's Most Wanted as well as countless news broadcasts as an expert on personal safety and self-defense.
4. She is the author of “Just Do the Small Stuff...Simple, effective ways to be safe” (2003) and “Safety Quick Tips” - eBook, Audio Book, DVD and weekly eZine (2007).
5. She has taught thousands of men, women and children how to avoid becoming victims of crime and how to defend themselves when necessary.
6. Her concepts are simple, unique and effective which make her a sought after speaker, self-defense instructor and safety coach.
7. She teaches the positive “what TO do” instead of the negative “what NOT to do” which clutters the mind with dangerous information.
8. Kelly has received recognition and prestigious awards for her work with SURVIVE! and was honored as “2005 Woman of the Year” by the World Martial Arts Masters Association.
9. Kelly's keynote talks, Personal Safety Seminars and Self-Defense Workshops are very popular with corporate, association, college, high school and private audiences.

### U.S. Statistics

- A theft every 4 seconds
- A burglary every 12 seconds
- A stolen car or truck every 20 seconds
- An aggravated assault every 28 seconds
- A forcible rape every 47 seconds
- A murder every 20 minutes

### One-Hour TeleSeminar - 3,600 seconds

- 900 thefts
- 300 burglaries
- 180 stolen vehicles
- 129 aggravated assaults
- 77 forcible rapes
- 3 murders

## *Kelly's Top 5 Personal Safety Secrets*

What do all of these people have in common?

*4 year old bully in preschool, mean teenager, purse snatcher, car-jacker, domineering boss at work, inappropriate coworker, verbally abusive child or adult, rapist, physically abusive spouse, neighbor or client, murderer, stalker, person who makes fun of others, someone who abuses animals, cyber (Internet) bully*

Attacker mindset: \_\_\_\_\_

### **PERSONAL SAFETY SECRET #1**

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### Important 3's

3 most common places to be attacked:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

3 types of attackers:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

In order to repel instead of attract attackers, we need to have

\_\_\_\_\_.

Simple tips to accomplish this:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

### PERSONAL SAFETY SECRET #2

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## Safety Tools & Resources

#### **SURVIVE! Mission Statement**

SURVIVE! assists people in living safer from crime and dangerous situations by sharing simple, effective concepts, safety tips and escape techniques. We truly appreciate the opportunity to inspire immediate and permanent, positive change in the lives we touch.

Your voice is your \_\_\_\_\_ .

\_\_\_\_\_ is defensive and weak.

\_\_\_\_\_ is offensive and strong.

### *Important 3's*

3 most effective things to \_\_\_\_\_:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

3 benefits of \_\_\_\_\_:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

3 tips for \_\_\_\_\_:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Correct body language for \_\_\_\_\_:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



### **PERSONAL SAFETY SECRET #3**

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What is acceptable to you and what isn't?

*Examples: smoking, drug abuse, speaking disrespectfully, unprofessional “professionals,” lousy food servers who still want a tip, threatening behavior, rudeness, verbal abuse, criticizing others, cheating, inappropriate workplace behavior, talking loudly during a theatre movie, physical abuse*

Deciding what is acceptable and unacceptable to you establishes your

\_\_\_\_\_.

Step 2 is \_\_\_\_\_ them.

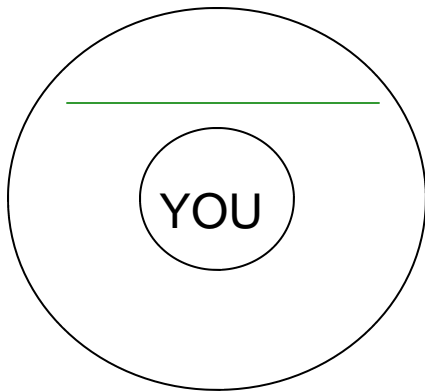
### *Important 3's*

3 Things that are ACCEPTABLE to me:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

3 Things that are UNACCEPTABLE to me:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



**PERSONAL SAFETY SECRET #4**

\_\_\_\_\_

Survival instincts are also called \_\_\_\_\_ .

### *Important 3's*

Characteristics of \_\_\_\_\_ :

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### **PERSONAL SAFETY SECRET #5**

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### *Review* - Kelly's Top 5 Personal Safety Secrets:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Testimonials about this personal safety training:

[www.SafetyTeleSeminars.com/testimonials](http://www.SafetyTeleSeminars.com/testimonials)

Kelly's Safety Products: ***Listen for coupon code!***

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

SURVIVE! Self-Defense LLC:

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

Video Clips:

[www.SurviveSD.com/media\\_page](http://www.SurviveSD.com/media_page)

*Thank you for joining us!*  
*~ Pauline & Kelly*

