

PREPARE[®]

AN IMPACT[®] ORGANIZATION

PROFESSIONAL DEVELOPMENT WORKSHOPS



BOUNDARIES

COMMUNICATION

SAFETY

ALLYSHIP

Since 1992, Prepare has worked to build safer individuals, organizations, and communities through comprehensive, evidence-based, and trauma-sensitive violence prevention instruction. We partner with nonprofits, social enterprises, corporations, and small businesses to support leadership development, team building, and human resource initiatives. Our professional development workshops focus on boundary-setting, clear communication, verbal and physical safety skills, and allied behavior with immediate applications in and out of the office. All workshops are customizable and include dynamic role-plays, group discussion, and individual rehearsal of concepts one-on-one with highly trained facilitators.

Prepare has served over 50,000 people in the NYC metro region and counting.



THE 7 STRATEGIES OF PREDATORS AND MANIPULATORS

1.5 – 2 Hours

\$1200, maximum 40 participants

Predators and manipulators influence us to act against our own best interests using the same types of persuasion strategies. Learn how to identify when you are being targeted and the social science behind why these strategies work so well. Practice intercepting these persuasion strategies using respectful and low drama boundary-setting scripts that clearly communicate limits and preferences for how you want and deserve to be treated.

GOALS:

- Decrease vulnerability to manipulation and being “set up” — whether it be a stranger, a family member, or friend.
- Increase capacity to address uncomfortable situations and protect one’s emotional integrity and safety.
- Develop new communication scripts to have challenging conversations in a calm and focused way.
- Rehearse setting boundaries in role-playing scenarios (with the instructor). Role-plays are based on both instructor and participant generated context, customized for the workshop attendees.
- Address how to modulate and strengthen your message with verbal and non-verbal elements of communication.

INTERACTIVE BOUNDARY SETTING AND COMMUNICATION: RESPONDING TO MICRO-AGGRESSIONS, DIRECT, AND INDIRECT AGGRESSION

3 Hours

\$1500, maximum 16-20 participants

Managing boundaries at work and in one's personal life is a crucial life skill. Boundary intrusions can range from mildly annoying to problematic to potentially dangerous. We all deserve to be treated with respect -- but when people step over the line it is not always easy to respond confidently and calmly to protect one's emotional or physical integrity.

GOALS:

- Empower the workforce to create a set of agreed upon strategies to address boundary violations.
- Reinforce a safe and respectful workplace environment as a core value of the company.
- Practice and refine skills to speak up for oneself or others (allied behavior).
- Understand and acknowledge the challenges to setting boundaries, including relative power, potential consequences, and the need to maintain a professional and/or personal relationship (social context).
- Learn to read signs of manipulation and coercion.
- Discuss and rehearse possible levels of response and options for when and where to address boundary violations.

The workshop will first cover theory and then blend practical information together with experiential learning. Participants will have the opportunity to rehearse scenarios in interactive role-plays (with instructors) that examine multiple options for social scripts and boundary-setting scripts, give attention to aspects of nonverbal communication (ie: body structure, facial expression, voice), and provide options to manage push back when boundaries are set.

Scenarios will include peer-to-peer interactions as well as situations with people that have more or less positional or social power. Role-plays are based on both instructor and participant generated context and customized for workshop attendees.



WHAT IS CONSENT CULTURE?

1.5 – 2 Hours

\$1200, maximum 20 participants

In a time filled with #MeToo news, how do we improve the ways to talk about consent and support survivors? Whether you are dating casually or in a committed relationship, talking with and coaching the young people you care about, or engaging in conversations with friends about current events, this workshop will provide new perspectives, information, and assertive communication tools to build a healthy consent culture in the 21st century.

GOALS:

- Learn about the elements of consent, including legal and moral considerations.
- Include critical topics that are often left out of consent conversations.
- Build understanding for ways in which we can undermine or create a culture of consent.
- Address myths about “false reports.”
- Rehearsal setting boundaries for unwelcome touch – -from incidental/accidental to inappropriate or harassing.

“Prepare demonstrated a high level of professionalism from their timeliness to their thoughtful and organized material and exercises. The team was highly flexible and exhibited strong cultural competence. Prepare left a lasting positive impression on us all.”

- *The Children's Village Safe Harbor Program*

INTRODUCTORY SELF-DEFENSE AND PERSONAL SAFETY WORKSHOP

3 Hours

\$1500, 16-20 participants

This workshop introduces participants to the key elements of assessing and managing threat, including threats while traveling for work. This fully interactive and experiential workshop allows each person to practice:

- Reading and interpreting cues to danger – evaluating context, environment, and behavior.
- Creating, implementing and modifying action plans such as avoidance, escape, bystander activation, calling 911, verbal resistance, and physical resistance.
- Clear communication with body language and nonverbal cues.
- Assertive verbal communication strategies.
- Distinguishing between instincts, bias and stereotypes.
- Physical resistance strategies for physical and sexual assault.
- Managing physical and emotional overwhelm.
- Considerations for bystander intervention and allyship.



CONTACT:

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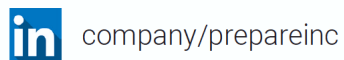
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