

PREPARE[®]

AN IMPACT[®] ORGANIZATION

WORKPLACE SAFETY TRAININGS



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 human resource and leadership development initiatives. Prepare has served over 50,000 people in the NYC metro region and counting.

Prepare's Workplace Safety Trainings provide skill-building opportunities for employees who work in high-risk settings at the office or in the field. Our clients include journalists in conflict zones, social workers and therapists conducting home visits on behalf of child or adult protective services, health care consultants, and legal and social services agencies. Trainings focus on boundary-setting, clear communication, verbal and physical safety skills, and allied behavior. These trainings have 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.



WORKPLACE SAFETY TRAINING PROGRAM

9 - 16 Hours, 16 - 20 Participants

The Comprehensive Workplace Safety Training guides participants through the practical application of safety concepts within the context of their work environment. Prepare helps employees build skills to accurately evaluate risk factors, tailor response levels based on variable factors, and adapt action steps as situations evolve. Trainings include verbal and physical resistance skills at the individual level and help organizations build the foundation to further develop and codify employee-wide safety plans and protocols.

Participants engage in custom problem-solving scenarios and role-play exercises to learn how to identify, assess, and manage uncomfortable and potentially harmful situations and to enact allied behavior on behalf of others. **Included:**

- **THREAT ASSESSMENT** – tools to identify pre-incident indicators and accurately read situations.
- **WORKING AS A TEAM** – skills to assess risk and build individual and organization action plans for incidents and debriefings.
- **COMMUNICATION** – practice boundary-setting and helping others.
- **AGENCY, SKILLS, AND CAPACITY** – rehearsals to manage the adrenaline response and emotional stress.
- **THREAT MANAGEMENT** – physical and verbal actions for unsafe situations.



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 and other means for accessing help from others, verbal self-advocacy, 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 adrenaline, stress, physical and emotional overwhelm.
- Considerations for bystander intervention and allyship.



“ City Health Works Staff would like to extend a huge thank you for providing our staff with the opportunity to take part in such a useful training. The training was very informative, well-presented, and enjoyable. We learned so much from the training that will assist us in the workplace and during home visits. The presenters were very informed about our culture and well prepared. We have already begun to use some of the strategies and tools they gave us with our clients and they are working remarkably well. We all came away from the workshop feeling confident. ”

- City Health Works

“ 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. They delivered the material in way that was intersectional, culturally informed, and connection with the population they were serving. They covered a lot of material in a clear, concise, and sensitive manner that effectively achieved all the goals set at the beginning of each session. Prepare left a lasting impression on us all. ”

- The Children's Village Safe Harbor Program



DONNA CHAIET, CO-FOUNDER & PRESIDENT

Donna is a nationally recognized speaker and author of an award-winning series of eight books for Rosen Publishing group: *The Get Prepare'd Library of Violence Prevention for Young Women*. Her second award-winning book, *THE SAFE ZONE: A Kid's Guide to Personal Safety*, was published by Morrow Junior Books. Donna collaborated with Co-Founder Karen and Anti-Racism Educator Randy Clancy to create an evidenced-based Anti-bias, Anti-bullying curriculum for grades 2-12. She has completed training with the Substance Abuse and Mental Health Service Administration focusing on current methodology in prevention science and is a certified Our Whole Lives Sex and Sexuality instructor. She was certified as a Crime Victims Counselor and provided pro bono legal work for abuse survivors. Donna earned her B.A. at SUNY Albany and her J.D. at Brooklyn Law School.

KAREN CHASEN, CO-FOUNDER & VICE-PRESIDENT

Karen is nationally recognized for her collaborative work and research with experts in the fields of safety and preparedness, trauma recovery, and intervention. She partnered with Dr.'s Rosenblum and Taska to develop a trauma intervention combining personal safety classes with group therapy for their clients at the Center for Family Resources in NJ. She works with Dr.'s Weinberg and Vogel-Davis of Montclair State University's Counseling and Psychological Services Center to utilize this trauma intervention for college students – both programs are firsts in the country. Karen is a guest professor at Drew University and Hunter College, and annual speaker at Columbia University Journalism School & the Dart Center for Journalism and Trauma. Karen earned her B.A. at SUNY Albany and her J.D. at Boston College Law School. She completed the International Trauma Studies Program at New York University (now affiliated with Columbia University) and Gavin de Becker's Advanced Threat Assessment and Management Academy.

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