



## Self Confidence Boosting Workshop

**Girl Scouts ages 10 and up will learn:**

**How their unique personality makes them special and powerful**

**How to be assertive through trusting their intuition**

**How pushing themselves outside of their comfort zone makes them better**

**How showing kindness to others develops pride, leadership and influence**

**Workshop is 90 minutes ~ Please book 30 days in advance**

**Location: Your location or our downtown Menomonee Falls center**

**Cost: \$200**

**Instructor, Malissa K. Misch, owns and operates MK Protection Strategies, a self-development/self-defense company. She uses her years of coaching and leadership in business, along with experience as a modeling /acting scout and instructor to deliver a variety of self-improvement workshops, private sessions and assembly presentations to youth of all ages and adults.**

**Contact Malissa at 414-795-5598 (call or text) or [hello@mkprotectionstrategies.com](mailto:hello@mkprotectionstrategies.com)**

# **Girl Scouts, learn how to protect and defend yourself in threatening situations!**

**Reality based self-defense workshops for Girl Scouts with female owned, MK Protection Strategies. We are passionate about empowering women and girls in our community! Experience the SAFE International curriculum taught to over 12,000 students each year!**



**Learn: awareness and avoidance skills with realistic practice situations, verbal de-escalation and simple physical self-defense skills with practice scenarios. You will gain confidence and skills to defend yourself in a short timeframe!**

**Workshop is 2 hours. Ages 8 to 88!**

**Location: We will come to your location or the workshop can be held at our center  
N88 W16741 Main Street Menomonee Falls, WI 53051**

**Cost: \$400 for an unlimited number of people**

**Parents and siblings strongly encouraged to participate.**

**Contact: Malissa at MK Protection Strategies 414-795-5598 or  
[hello@mkprotectionstrategies.com](mailto:hello@mkprotectionstrategies.com) 14 days prior to workshop to reserve time.**

  
**girl scouts**  
of wisconsin  
southeast