

GIRL SCOUT WORKSHOPS



SELF-DEFENSE WORKSHOP

Girl Scouts ages 8 and up will learn:

How to be aware of possible danger and avoid it

- ★ How body language and intuition can prevent being chosen as a victim
- ★ Why taking shortcuts are not worth the risk
- ★ What to do if you're being followed and more

How to use verbal strategies to avoid violence

- ★ 4 Golden rules of verbal de-escalation
- ★ Why yelling at attacker might be the worst strategy

How to get home safely to your family

- ★ Simple, easy to remember physical self-defense concepts
- ★ Basic striking, how to handle the most common attacks and more

Booking Details:

- Length: 1.5 hours
- Parents and siblings encouraged to participate
- Participants: 2-20
- Location: our downtown Menomonee Falls center or your school/location (+\$20 travel fee)
- Timing: flexible based on your group's availability
- Cost: \$200
- Payment: required 7 days in advance via Venmo or Zelle
- No refunds; rescheduling available

"BELIEVE IN YOURSELF" WORKSHOP OR TEA PARTY

Girl Scouts ages 10 and up will learn:

- ★ How to better understand who they are
- ★ How their unique personality and interests make them special
- ★ How to be assertive and create boundaries
- ★ How pushing themselves outside of their comfort zone makes them more confident

Booking Details:

- Please book 30 days in advance
- Class availability: Monday, Tuesday, or Friday afternoons/evenings
- Workshops for 2-20 people
- Tea Party for 2-12 people (Menomonee Falls only)
- Location: our downtown Menomonee Falls center or your location (+\$20 travel fee)
- Cost:
 - 1 hour: \$125
 - 1.5 hours: \$150
 - Tea Party (1.5 hours): \$200
- Payment: required 7 days in advance via Venmo or Zelle
- No refunds; rescheduling available

*Believe
yourself*



CALL/TEXT:

Malissa -MK Protection Strategies

414-795-5598

Malissa@mkprotectionstrategies.com

N88W16739 Main St. Menomonee Falls, WI