

Empowerment through **Self-Defence** **Workshop**

**ACTION
BREAKS
SILENCE**

This inspiring workshop for girls and women uses physical self-defence as a tool of empowerment and resilience as well as unpacking core values, boundary setting and the power of our voices.



DID YOU KNOW?

It is estimated that less than 15% of rapes are reported and that conviction rates for rape are far lower than for other crimes – only 5.7% of reported rape cases end in a conviction for the perpetrator

Approximately 90% of those who are raped know the perpetrator prior to the offence

9 women and girls are raped every hour of every day – approximately 85,000 per year



Action Breaks Silence is a frontline prevention educational charity led by and for women.

Our Vision

Our vision is to create a world free from violence against women and girls.

Our Purpose

To end violence against women and girls by educating, engaging and empowering communities.

We tackle sexism and misogyny and the other root causes of violence against women and girls.

We work within communities that face a multitude of challenges to teach empowerment through connection to core values, understanding boundaries and recognising societal pressure as well as promoting healthy relationships, positive masculinity and inner strength.

We provide structured training for young people and survivors to provide them with the skills and knowledge to deliver our programmes, and to mentor younger students. This equips the trainees with both technical and interpersonal skills and practical experience to build confidence, resilience and improved employability.

Our Values

We are guided by our values in all that we do. They define our culture and the way we behave and encompass the kind of organisation we always aspire to be.



Workshop Overview

Core Values, Boundary Setting, Types of Abuse and Consent

This session explores the importance of individual root beliefs, recognising the importance of setting boundaries, understanding different types of abuse, and the concept of consent to help participants establish and assert their personal human rights with confidence.

Intuition

Our intuition or “gut instinct” is an early warning system from our body / mind saying “BE AWARE! TAKE CARE” This session empowers participants to listen to their inner voice and take proactive steps to stay safe.

Adrenaline

Understand how the body’s natural fight-or-flight response works under stress and how to harness adrenaline effectively to respond to threatening situations. Reframe your fear!

Our Right to Defend Ourselves

Explore the legal and ethical aspects of physical self-defence, emphasising that everyone has the right to protect themselves & loved ones from harm.

Martial Arts vs Self-Defence

Discover the key differences between traditional martial arts and an Empowerment through Self-Defence Workshop.

Tools and Targets Demo

Participants will learn simple, effective physical self-defence tools by understanding the body's vulnerable target areas and how to use your body to unleash your inner warrior

Pressure Test

Experience a safe, controlled scenario to practice learned techniques under pressure, building confidence and the ability to respond effectively in high-stress situations.

Wrap Up and Feedback

A reflective session where participants can share their experiences, ask questions, and give valuable feedback to Action Breaks Silence to inform programme development.

Benefits to corporate of hosting an Empowerment through Self-Defence Workshop for their organisation and their clients

Social Responsibility and Brand Reputation

Hosting the workshop demonstrates the corporate's commitment to social responsibility by partnering with a well-established charity dedicated to ending violence against women and girls (VAWG). This enhances the company's corporate social responsibility (CSR) profile, strengthens their reputation as a socially conscious organisation, and resonates with employees and clients who value gender equity and community empowerment.

Enhancing Workplace Culture and Soft Skills Development

The workshop provides valuable personal development opportunities by fostering essential soft skills such as communication, assertiveness, boundary-setting, and situational awareness. Employees and clients gain confidence in their interactions, contributing to a healthier workplace culture with improved teamwork, respect, and inclusivity. The corporate benefits from a more engaged, empowered, and emotionally intelligent workforce, leading to increased productivity and employee satisfaction.

Practical Physical Self-Defence for Increased Safety and Well-Being

Participants learn practical, real-world self-defence tools that improve their physical safety, helping them feel more secure both at work and in their personal lives. A workforce that feels safer and more empowered is more confident, engaged, and productive. The corporate demonstrates a commitment to employee well-being, fostering a safer and more supportive working environment.

Optimal Outcomes for the Corporate and Participants

For participants, the workshop builds resilience, self-awareness, and a proactive mindset, equipping them with lifelong skills to prevent and respond to unsafe situations. For the corporate, it enhances employee retention, well-being, and morale, while strengthening the company's public image as an advocate for gender safety and empowerment initiatives.

Networking and Client Engagement Opportunities

By extending invitations to clients, the corporate creates a unique networking opportunity that fosters stronger relationships and positions the organization as a thought leader in gender inclusivity and personal empowerment. This initiative can strengthen partnerships, improve client loyalty, and set the corporate apart in their industry through meaningful social impact.

What the Workshop aims to do

- » Prevent abusive and violent behavior against women and girls (In the long run).
- » Break down the myths of what self-defence is & who perpetrators are.
- » Break down gender stereotypes and develop a belief in gender equity.
- » Build empowerment, healthy self-esteem and develop the confidence to act on these.
- » Raise awareness on Core Values, Boundary setting and what consent means.
- » Give participants a forum to talk safely about sexual violence against women & girls.
- » Provide a fun and aspirational learning environment.
- » Provide positive role models through the diversity of our trainers.



Venue Requirements

An empty, medium-sized meeting room or classroom with sufficient space. A larger venue is required for groups of more than 40 participants.



Fitness Requirements

None. We require only that participants advise us of any medical condition they feel may require consideration during training. All participants are required to sign an indemnity form.



Training Equipment

Action Breaks Silence will provide all necessary training equipment. Participants to wear comfortable clothing and exercise shoes.



Costing, Timing and Numbers Required:

The workshop is between 2.5 -3.5-hours in duration depending on the number of participants.

Up to 40 participants £2,700

41 – 75 employees £3,600

How to connect?

Email: info@actionbreakssilence.org

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