



EUROPEAN TEACHERS ACADEMY

Course title:	Protect yourself from violence – self-defense for teachers
Course description:	<p>To protect yourself from violence is an important basic need for every human being.</p> <p>Our course wants to help teachers learn how to avoid danger, recognize dangerous situations and to defend themselves in an emergency.</p> <p>With our course we want to contribute through teachers to children and teenagers being able to grow up into self-confident strong personalities. The concept is based on the prevention, self-assertion and self-defense.</p> <p>Whether you are small or big, woman or man, strong or weaker, whether you train or not at all the course is for you. Give it a try!</p>
Objectives: (Competences Acquired by Participants)	<ul style="list-style-type: none"> - Learn to recognize danger and dangerous situations - Learn verbal and psychological strategies to set safe boundaries - Learn how to neutralize most common attacks - Develop reflexes and combine techniques - Gain confidence - Learn how to mitigate violence in the classroom
Target groups:	Teachers (any subject)
Daily programme:	<p>Introduction</p> <p>Violence – types, perception of violence,</p> <p>Body balance exercises</p> <p>Grip opener</p> <p>Body language, self-defense position,</p> <p>Safe distance</p> <p>Self-defense fall,</p> <p>Self-defense techniques</p> <p>How to organize practical lessons of self-defense and preventing violence in the classroom and school environment</p> <p>Evaluation</p> <p>(Part of the classes will take place in the gym and part of them in the classroom)</p>
Will participants receive a ready set of teaching materials / course methodology for future implementation in their school?	Yes

Location:	Krakow, Poland
Social programme:	The social programme activities are included within your course fees!
Other relevant information	<p>The course is run by Anna Augustyn-Mitkowska – sportswoman, sports instructor, trainer, Judo black belt, Jiu jitsu brown belt, Grappling World Champion in 2019, Jiu jitsu World Champion in 2016 and 2017, graduated from Academy of Physical Education in Cracow and Pedagogic Course from Cracow University of Technology, 2016 - Mobility Training, CF Cracow, since 2015 - Personal Trainer, certified by the Academy Of Sports Artistry Recreation and Tourism. Founder and coach at Stay Safe – women’s self defense.</p> 



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Contact us

+48 509 583 501

Krakowskie Forum Edukacji sp. z o.o.
Rynek Główny 28, 31-010 Kraków, Poland

info@teachersacademy.eu

OID number: E10255949

