



# Pretty Deadly At Work

## Selbstverteidigungskurs im Büro

**Pretty Deadly** is a Berlin-based outreach and team-building program through self-defense, providing women's-only or mixed-gender courses in the workplace. We offer weekly classes, half-day seminars and full-day workshops.

### OUR MISSION

**Pretty Deadly** helps participants find the power they already have inside themselves to build confidence, awareness and self-trust. Our program is based on the following principles: natural body movement, intuition and strategy, along with easy, but effective techniques taught in a fun, energetic environment. No special equipment or clothing needed, all our techniques are designed for real-life situations in the clothes people actually wear.

### WHAT WE OFFER

#### Weekly courses at work:

Learn self-defense on your lunchbreak! Our weekly courses are made up of 10 units, each lasting 45 minutes. From passing a friend a cup of coffee to tucking your hair behind your ears, discover how everyday actions can be translated into powerful self-defense moves. We come to your offices to run the classes at a pre-arranged time every week.

#### Half-day seminars:

Looking for a group activity with a difference? Our half-day seminars lay the foundation of the Pretty Deadly program, teaching strategy and awareness through simple moves like punches and kicks, and real-life scenarios from walking home to taking the U-bahn and breaking them down from first awareness to point of contact with effective, efficient techniques..

#### Full-day workshops:

Want your staff to take some time out to learn something new? Self-defense is a state of mind, which we explore fully in our all-day workshops. As well as kicks, punches, simple locks and take-downs, participants will learn more about trusting their natural instincts to recognize threats, and opportunities, build strategic awareness skills, and learn how to turn their everyday movements into tools to help them deal with any situation.

#### Specialized workshops:

We also offer specialized workshops for private groups, which can be held during the week at our workshop location, or we can come to you. If you let us know some of your concerns in advance, we will tailor the workshop to your specific needs and make sure your group gets the right tools for the work you do.

### IMPRESSUM

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