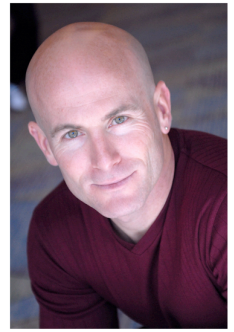




DAVID KOONS

PROTECT&DEFEND

PROTECT YOUR FAMILY | DEFEND YOUR LIFE



Presentations

David Koons conducts keynote, lecture or multi-day experiential trainings and can custom-tailor a presentation for your organizations unique needs.

David's expert use of humor, stories and real-world experiences keeps your audience engaged. He uses Accelerated Learning Strategies to ensure the lessons he shares stick with the attendees long after the presentation.

Topics Include:

1. Self Defense Strategies for On-Campus and Off

- 7 strategies for any situation
- What perpetrators are looking for and how to avoid them
- The 2 most critical factors to your safety
- Why conventional wisdom is almost always wrong

2. Developing A Warrior Mindset For Any Situation

- Understanding fight or flight
- The crucial psychology of a victim
- You may be a target but don't need to be a victim
- You're more powerful then you realize

3. Preventing Date Rape

- What's the risk: A Case Study
- Setting boundaries: do's and don'ts
- What to look for
- Establishing your support team

4. Bullying Awareness and Prevention

- The myths and truths regarding bullying
- Why conventional wisdom will get you hurt
- The one thing you should never do to bullies
- Why you're more powerful then you think

** Topics above can be tailored to your organizations unique needs.

To **Book David** or **request more info**, contact his office at (877) 673-0194 or contact@protectanddefendinc.com