

Assertiveness and Self-Defense Training for Women

The training will give participants insights into ways of assertiveness and self-defense. The main goal is to get to know personal strengths and weaknesses and to reflect on personal limits and possibilities by training a wide range of both verbal and non-verbal assertiveness skills. Central behavioral patterns will be repeated and applied to different situations in order to realize their confident and automated use. All sessions will focus on specific topics such as handling of fear and pressure, keeping distance, orientation via hearing and touching or standing up to verbal attacks or to physical attacks in different surroundings. The participants are given the opportunity to find individual approaches to the topics covered by the training. Individual experiences and needs will be incorporated in the training schedule. Participants can wear your normal workaday clothes. However, they should not be too new and valuable to you because minor damages could occur.

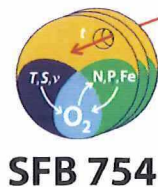
The Trainer: Stephan Nadenau. Stephan is working at the criminal science institute of the Landeskriminalamt Schleswig-Holstein. When starting to work at the police around twenty years ago he also found interest in self-defence and martial arts, especially ju-jutsu and wing-tsun. Being in special forces several years he was able to achieve a black belt, trainer licence and instructor licence for women and also children self-defence. He has been constantly instructing for 10 years now. The trainings have no separate theoretical part and are based on practical experiences that, of course, are discussed.

Duration and Date: 1st Oct. 2015 – 17th December 2015; weekly on Thursdays 16.45-18.15h (12 sessions á 90 minutes)

Location: GEOMAR, Westshore building (Large Conference Room)

Registration: Please register (binding) by email rkamm@gb.uni-kiel.de. There are 12 places available for both scientific and technical/administrative staff, assigned by first-come first-serve; deadline: 20th Sept. 2015.

Contact: Ruth Kamm (SFB 754s coordinator for gender measures), Tel.: 880-1833, Email: rkamm@gb.uni-kiel.de



A common action of SFB754, the Women's Executive Board and the GEOMAR Equal Opportunity Team