

Women's Warrior Weekend Retreat

March 9-11th, 2018 at Nemaacolin Resort

Women are living, working, and traveling alone more than ever before. Ladies YOU are your own first responder! YOU are responsible for your own safety! Attend EIGHT instructional power-packed training classes to teach you how to stay safe! All included in one incredible weekend! You won't want to miss this important event!



Gather your best girlfriends for this first of its kind event to educate and empower women. This three-day, unforgettable weekend will be held at Nemaacolin Resort.

Access the same training given to law enforcement professionals with real life simulator defense scenarios.

Hear from victims and learn from their stories of survival. You will be taught how to escape from restraints and how to use everyday items as weapons. Learn to fight back and escape if someone gets their hands on you. Get educated on the body's adrenalin rush and how to use it to your advantage and so much more!

This training event is a must attend for all women, regardless of age!

- Real Estate Agents - Social Workers - Home Health Care Providers - Women Who Travel - Women Who Work Late Hours or Work in Unsafe Neighborhoods - College Students
- **Anyone You Care About!**

Your registration includes:

- All workshops, trainings, and simulations.
- All meals and snacks during workshops and trainings.
- \$50 Nemaacolin gift card to be used Saturday evening to explore and enjoy one of the many activities or meals that the resort offers.
- Life-Saving Knowledge
- Registration Reception, Banquet Dinner and Giveaways.

Overnight accommodations are not included and should be booked with the resort directly. Mention this retreat to receive a special discounted rate of \$169/night! Other local hotel options are also available.

YES! Installment Plans are Available!

YES! You can also mail a check! Call or email for more info!

This retreat is limited to 60 participants. Register at

PersonalSafetyAlliance.com

To Register Call Jody Salerno
412 420-4215
or visit
PersonalSafetyAlliance.com



Retreat Agenda

March 9-11th, 2018

Your Host: Jody Salerno-Owner of Personal Safety Alliance

❖ Safety Advocate, Professional Speaker, Educator, Instructor, Media Contributor, Personal Safety and Workplace Violence Trainer



Alicia Kozakiewicz- Founder of the Alicia Project



Jeff Seeley – SIMTAC Services
Simulated Firearms Training



Kristine Irwin-
Founder of Voices of Hope



David Holzer
Pittsburgh Combat Club



Jeff Hughes
Pittsburgh Security Training Institute

Friday

Welcome reception (6-8pm) with featured speaker

Alicia Kozakiewicz- Actor, Model, Speaker, Survivor

Founder of The Alicia Project

- Alicia Kozakiewicz is a highly sought-after speaker, expert, and television personality. She has become one of the most vocal and outspoken proponents for protecting children from the dangers of the Internet, abduction, and sexual exploitation.
- Hear her amazing story of survival and learn more about “The Alicia Project!”

Saturday (7am to 4pm)

Kristine Irwin- Speaker, Mother, Wife, Survivor,

- ***Founder- Voices of Hope***
- Kristine Irwin is a survivor of rape, the founder of Voices of Hope, and an Advocate for Ending Sexual Violence and changing our culture. Kristine is a nationally recognized speaker for RAINN (Rape, Abuse, Incest Nation Network).

Understanding Personal Defense Law Panel:

(Talk from Law Enforcement Officers and Attorneys)

- Learn when you are legally allowed to use deadly force
- Aggravated vs. Simple Assault
- Gain knowledge on the Pennsylvania criminal legal process

Escaping from Restraints:

- With home invasions and kidnappings becoming more and more common, basic knowledge of how to escape from handcuffs, zip ties, duct tape and other commonly used methods to restrain victims.

Get the Edge

- How to use everyday items to your advantage. Learn how to turn any item into a weapon or a shield.
- Learn how to deploy, arm, and aim a pepper spray unit so that you can be prepared and ready when it occurs in real life.



Darieth Chisolm-
Founder of 50 Shades of Silence



Klint Macro- Founder
Trigger Pressers Union



Attorney Mike Giaramita
Co-Author of the book- Pennsylvania
Gun Law: Armed and Educated



Michael Moore
U.S. Law Shield



John Woodruff
Predatory Intelligence Officer

Sunday (7am to 6pm)

Darieth Chisolm- Emmy Award-winning television personality, former NBC News Anchor, Entrepreneur, Author, Speaker, Life and Business Coach.

- ***Founder of 50 Shades of Silence***
- **Darieth is a cyber harassment victim turned advocate.**
- **It is Darieth's mission to give hope and dignity to victims of cyberbullying and harassment. She is also a strong advocate for stricter laws and tougher enforcement for cyber sexual crimes. She encourages accountability and responsiveness among online companies and promotes social responsibility for victims and survivors.**

Understanding & Using the Adrenalin Rush to Your Advantage

- **When encountering a threat, the human body naturally results in an automated “fight or flight” reaction. Learn how to use this natural reaction through intuitive skills and self-defense measures.**

Simulator Defense Training

- **Judgment makes all the difference. Get high-quality education from SIMTAC Services who has trained over 70 law enforcement agencies within the tri-state area.**
- **Up Against a Wall-- How to Escape and Fight Back**
- **What would you do if someone physically got their hands on you?**
- **Would you let fear take over and paralyze you or would you FIGHT BACK and survive the encounter?**

Is Concealed Carrying Right for You?

- **This seminar discusses the “infrastructure” that individuals should consider when they decide to adopt a “Concealed Carry” lifestyle.**

The 4 Pillars of Safety

- **Learn to navigate your surroundings by developing the right mindset of situational awareness. Learn “Power” tactics to prevent being victimized.**
- **An introduction to the various options for lethal and non-lethal defenses.**