

Personal Safety Workshops for Companies

Calm, communication and cooperation under pressure.

Learning objectives

- Practise self-control and considered decisions under pressure.
- Train communication, boundaries and de-escalation.
- Explore safe responses to tense workplace situations.
- Practise cooperation and support between colleagues.

Format and participants

Sessions from 3 hours, at your company or outdoors.

Teams of 6 to 20; larger groups by agreement.

Duration and content adapted to the company's context and objectives.

What is included

A 15-minute initial conversation to agree objectives; preparation adapted to the group; simple exercises guided by the trainer; a final summary of topics and reflection points for HR.

Safety and participation

No strong contact or demanding physical effort. No previous experience required. Exercises adapted to participants' abilities and individual limits.

Trainer and training framework

Fernando Suissas — International Krav Maga Instructor and certified trainer (CCP, Portugal's Certificate of Pedagogical Competence). Corporate experience at Allianz and author of three personal safety books.

Inclusion in annual training hours in Portugal can be agreed with the company, subject to eligibility and required documentation. CCP alone does not make this recognition automatic.