

Personal Safety Power Hour

Achieve a Warrior Mind



When you hear the words “Self-Defense” do you think of a Bruce Lee movie or mastering the perfect karate chop?

When you combine the craft and foundations of personal safety, fitness, martial arts and mental self defense, what do you get? Clarity, confidence, energy and productivity soar.

Perfect as a stand alone talk or as a break-out session at your next annual meeting, this one hour interactive talk/seminar will incorporate awareness, personal safety, fitness, martial arts and mental self defense into an interactive presentation which will shed a light on some negative behaviors that may be holding you back and having you play small. Learn tools to change them and catapult yourself into a more powerful life

“A powerful mindset is the best defense in any situation. It can be THE answer to attracting and receiving everything you want out of life”

Debbie Pickus CEO/Founder Team Fireball Inc

