# She’s An Asset | Website Rewrites

**You don’t need to feel scared. You need to feel ready.**

She’s An Asset helps women build real-world safety skills and body-based confidence—so you move through the world with presence, power, and peace of mind.

#### **Safety & Empowerment Workshops**

**Live experiences that teach you to stop shrinking and start standing tall.**These aren’t lectures. They’re hands-on trainings that blend self-protection, intuition, mindset, and resilience.

[Explore She’s An Asset Events →]

[Explore Corporate Events →]

#### **Workplace & In-Home Safety Trainings**

**Safety and de-escalation sessions for individuals, families, and teams of all genders.**From hair salons to health clinics, real estate teams to leadership orgs—everyone deserves a plan.

[Safety Sessions →]

#### **Private Coaching**

**1:1 coaching for women ready to stop second-guessing themselves—and start protecting their peace.**Includes virtual coaching sessions with actionable tools.

[Work Privately With Autumn →]

### **Who This Is For**

For the woman who’s tired of feeling like a “what if.”  
For the team who’s done assuming and wants real tools.  
For anyone who’s ever looked over their shoulder and thought, *“I wish I felt ready for anything.”*

You’re not too much.  
You’re not overreacting.  
You’re an asset.

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# **Home & Business Safety** *(new page with a corresponding button across the top, placed between Women’s Events & Corporate Training)*

**Safety Starts at Home. And Work.**

Whether you’re a business owner, parent, or someone who just wants to feel more prepared, these private sessions are your blueprint for safety, awareness, and resilience—right where you live or lead.

You can’t always prevent chaos.  
But you *can* be ready for it.

These 1:1 safety assessments help you understand your space—home or workplace—from a predator’s perspective. Together, we build an action plan to make you, your loved ones, and your team harder targets.

Beyond a generic slate of google-able guidance, you receive a tactical, judgment-free walkthrough with real recommendations—plus the option to receive personalized, hands-on training for what to do if the worst happens.

[In-Home Safety →] (jump click)

[Business Safety →] (jump click)

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## **For Individuals & Families**

**In-Home Safety Assessment**For solo women, roommates, parents, or anyone who wants peace of mind.

Includes:

* Full safety walkthrough of your home
* Risk assessment: points of entry, escape, visibility
* Emergency action plan
* Situational awareness coaching
* Follow-up with clear written recommendations

Investment: $475

**Recommended Add-On:** **+ Personal Safety Training with Autumn** A 1-hour custom session for you or your household:

* What to do in case of intruder
* Voice and body positioning
* Emergency response practice
* Boundaries and mindset under pressure

Add-On Investment: $500

[Book Your In-Home Assessment →]

## **For Businesses & Teams**

**In-Business Safety Assessment**For salons, spas, medical practices, real estate offices, small businesses, and service providers who work with the public.

Includes:

* On-site risk assessment
* Walkthrough of client interaction points, exits, emergency access
* De-escalation readiness
* Team safety planning
* Emergency action plan + written summary

Investment: $875

**Optional Add-On:** **+ Team Training with Autumn** A 1-hour custom session for your team:

* Intruder and incident response
* De-escalation techniques
* Situational awareness
* Boundaries, body language, and voice control

Add-On Investment: $1000

[Book Your Business Assessment →]

### **Why It Works**

Because when it comes to safety, you don’t rise to the occasion.  
You fall to your level of preparation.

Let’s raise that level—together.

You don’t have to live in fear.  
You just have to stop living unprepared.

### **Coaching Page, Rewritten**

**Transform Your Life with Private Coaching**

Ready to lead the next chapter of your life with clarity, boundaries, and real strength?

This isn’t generic mindset work.  
It’s coaching that gets in the weeds with you — to help you move forward when life is messy, the stakes are high, and you need a clear way through.

### **Who It’s For**

This coaching is for you if:

* You’re standing at the edge of something new — and you don’t want to do it alone
* You’re tired of shrinking, circling, overthinking, or overgiving
* You’re ready to stop managing everyone else’s expectations and start living by your own
* You want tools, accountability, and real clarity — not platitudes

Whether you’re navigating a major life transition, ready to level up your leadership, or just trying to find your footing again — this is personal strategy, support, and empowerment.

### **How It Works**

#### **1:1 Power Session**

You need clarity fast — not months of sessions.

This one-time 75-minute session is perfect if you’re:

* Stuck on a big decision
* Navigating burnout, conflict, or a transition
* Craving an outside perspective with real tools

Includes:

* Pre-session intake form
* 75-minute Zoom session
* Personalized follow-up tools and notes

$297

[Book a Power Session →]

#### **Ongoing Coaching**

This is the full journey.  
We walk through the next chapter together — with consistent coaching and support.

Perfect if you’re:

* Building a new chapter in life or work
* Wanting steady accountability
* Craving tools to lead yourself with more strength and calm

Includes:

* 60-minute intake & goal mapping
* Biweekly or weekly 45-minute Zoom calls
* Ongoing support via voice/text between sessions
* Tools, follow-ups, and accountability check-ins

Starting at $495/month (biweekly)  
 $925/month (weekly)

[Apply for Ongoing Coaching →]

### **Outcomes You Can Expect**

* Feel clear and confident in your decisions
* Set and hold boundaries that don’t burn you out
* Regulate your nervous system in high-stakes moments
* Reclaim your voice, presence, and leadership
* Actually like the person leading your life again — because it’s you

### **Why Work With Autumn**

Autumn isn’t a hype woman or a motivational speaker.  
She’s a former cop, a trauma-informed coach, and someone who’s rebuilt herself — more than once.

She brings a background in law enforcement, martial arts, coaching, and lived experience to help you lead yourself forward, stronger and smarter.

You don’t need to do this alone.  
Let’s do it together.

### **Ready to Start?**

**→ Book a Power Session** **→ Apply for Ongoing Coaching** **→ Have Questions? Contact Me Directly**

Other things to note:

* Remove the contact page (contact info is in the footer and within every page, so we don’t need it)
* Avoid having one word wrap to the next line – adjust formatting so that it’s all on one line or at least 2 words on the next line.