

# INSTINCTS TRAINING

## TOP TIPS

## PERSONAL SAFETY



### INSTINCTS

If something feels off, trust your gut and remove yourself from the situation immediately.



### UK LAW/SELF DEFENCE

English law around self defence rests upon one word-reasonable. It must be deemed as necessary and proportionate.



### BEHAVIOUR

Individuals may experience frustration, anger, and confusion when they are unable to effectively communicate their needs and emotions, or get what they want.



### PERCEPTION

We all see things differently it depends on peoples experiences of objects, relationships and events. We only see the tip of the iceberg



### REACTING

Reacting refers to the immediate, often instinctual action taken in a sudden or unexpected situation.

### RESPONDING

Responding involves a more deliberate and thought-out action taken after assessing the situation. It requires a level of calmness and control, allowing for better decision-making and often leading to more effective outcomes. Responding is about using training, knowledge, and situational awareness to handle a threat.



### BODY LANGUAGE

Body language can't lie. You will pick it up subconsciously...don't ignore your gut feeling.



### DE ESCALATION

Maintain calm demeanour, actively listen, empathise , non threatening body language, offer choices, avoid trigger words, acknowledge their feeling, set boundaries, redirect the focus, take a time out.