

Becoming a Survivor:

Workshops for people who are ready to live life beyond fear



Presented by:
Bonnie J. Sullivan, PhD
408-873-7451
drbonniesullivan.com

What does it mean to live beyond fear?

- Feeling safe in the world
- Following your dreams
- Raising a healthy child
- Reaching your educational goals
- Getting the job you deserve
- Starting or growing in your career
- Finding a romantic partner you feel safe with who supports your growth
- Starting/growing a healthy family
- Knowing you are capable and worthwhile

These are only a few of the results of living a life beyond fear. You do not have to feel like a victim anymore!

Call today and set up a date and time for a workshop: **(408) 873-7451**

Are you tired of being a victim?

- Sexual abuse
- Physical abuse
- Emotional abuse
- Rape / Sexual Assault
- Partner abuse
- Health problems
- Discrimination
- Robbery and other crime

These are just a few of the life events that can lead people to feel like giving up.

Surviving life- and sanity-threatening situations requires amazing abilities and skills, yet people do it every day. If you have not yet recognized the strengths you have that helped you survive these experiences, these workshops will help you discover and utilize the skills you already have, as well as teaching you a few more!

These workshops can help you find and use your strengths to move beyond simply making it day to day- to thrive and succeed in reaching your dreams!

Workshops emphasize:

- Moving from victim to survivor
- Understanding the myths that keep women from protecting themselves
- Societal and cultural pressures
- Ethnic and religious considerations
- You deserve to be treated with respect, but do you believe it?
- What are offenders looking for in a victim?
- Recognizing dangerous people
- Using your intuition
- Self-defense in body language
- Verbal self-defense
- Simple physical self-defense
- Increasing children's safety and awareness

Menu of options:

One workshop (1.5hr)

Overview of the basic steps to becoming a survivor, including understanding of what it means to be a survivor, understanding perpetrators and how to recognize them, and basic self-defense.

\$90/person*

Three workshops (1.5 hr each)

Session One: Understanding how women become victims, as well as a more in-depth discussion of becoming a survivor. Includes an interactive discussion of various ethnic and religious constraints to the traditional idea of women's empowerment and how to integrate beliefs into becoming a survivor.

Session Two: More in-depth information about what perpetrators look for in a victim and how to recognize them. Using intuition to recognize and avoid dangerous situations.

Session Three: The last workshop focuses on self-defense and personal safety.

\$255/ person*

Six workshops (1.5 hrs each)

Session One: In-depth understanding of the movement from victim to survivor, including understanding popular myths about women who protect themselves. Discussion of the societal and cultural expectations of women.

Session Two: Personalization of myths and beliefs, with particular attention to how ethnic and spiritual beliefs can encourage the move to becoming a survivor.

Session Three: Exercises developed to increase self-worth, which is often damaged in victims and is important for believing one is worth protecting.

Session Four: In-depth discussion about what perpetrators are looking for and how to recognize them, as well as how to make oneself a less attractive target. Use of intuition to avoid dangerous situations.

Session Five: Learning and practicing non-verbal, verbal, and physical self-defense techniques.

Session Six: Discussion of helping children become survivors and increasing their safety and awareness.

\$450/person*

*Minimum of 5 participants per workshop. Discounts apply for groups larger than 10.