

## Workshops for Families

### CPR FOR LOVING COUPLES

*Increasing the odds of keeping your loved ones safe*

### 101 URBAN SURVIVAL

*Teach your loved ones  
How to protect themselves*

### RUN FU!

*When Kung Fu and Tongue Fu  
Are not Appropriate*

### 101 CAMPUS SURVIVAL

*Especially for Parents Sending  
Their Children Off to College*

### STORIES FROM THE HEART

*Valuable Lesson Learned Best From Family Stories*

### THE POO PRINCIPLE \*

*Learn the art of crisis anticipation*

### SAVE A LIFE \*

*Common Sense strategies on how to save a life-  
maybe your love one, maybe your own.*

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## For Schools & Churches

### ACTIVE SHOOTER THREAT IN OUR SCHOOLS \*

*Everyone in the community can help!*

### THE NUCLEAR THREAT \*

*Where to go? What to Do?*

### MULTIPLE DANGERS/MULTIPLE RISKS \*

*Hawaii has every natural disaster risk from  
Hurricanes, Earthquakes, Tsunami, Floods.  
Volcano Eruptions:  
Prepare Emergency Plans, Procedures and Drills*

### NO ROOM FOR BULLIES \*

*Key Building Blocks for a Bully Free Community*

### ESPECIALLY FOR PRESCHOOLS

*Professional Development Topics Required By State  
Health Department*

### CAMPUS SAFETY

*Is your Emergency Plan up to date?*

### MEDICAL EMERGENCIES \*

*CPR/FA/AED Certification*

**NOTE:** All asterisked workshops are Available  
for Families, Schools, and Businesses

## Workshops for Businesses

### THE COST OF WORKPLACE BULLYING

*Monetary Cost, Psychological Cost, Loss of Time*

### STAY SAFE!

*How to Recognize and Escape from Dangerous  
Situations and People.*

- **Especially for Nurses and Hospital Workers**
- **Especially for Hotel and Restaurant  
Workers**
- **Especially for Late Night Shift Workers**

### EYE OF THE TIGER!

*Based on street smart strategies for achieving  
success in times of challenge and change*

### EVERYTHING IS PERSONAL!

*Why You Need to Cultivate the Loyalty of your  
Employees*

### COMMUNICATION IS A LOST ART

*Common Sense Solutions to a Breakdown in working  
together as a team*

### ARE YOU OSHA COMPLIANT?

*Every business must have an emergency plan  
for staff and customers. Do you?*

*Hands on demonstration  
& interactive participation*