Someday NO will be enough. Until then, there’s IMPACT.
IMPACT Bay Area is a nonprofit organization that teaches effective boundary setting, personal safety and physical self-defense skills in a safe and empowering environment.

We train employees in corporate settings from small offices to large tech campuses throughout the Bay Area, and offer a range of private class options.
IMPACT training is a unique way to improve safety, reduce risk, and provide an exciting employee benefit.

Benefits of IMPACT training include:

- *Increased awareness of safety risks in the workplace, during commute, and beyond*
- *Improved communication skills for articulating boundaries and deescalating conflict*
- *Greater sense of safety, confidence, and empowerment*
- *Powerful team-building experiences that enhance company culture and employee benefits*
Introduction to Empowerment Self-Defense

For up to 16 participants

This 3-hour class lays a foundation of skills including intuition, situational awareness, body language and voice. Participants practice deescalating dangerous situations as well as physical self-defense skills against a mock attacker. This class includes two IMPACT Instructors: a "Whistle Instructor," who is the lead coach, and a "Suited Instructor," who plays the role of mock assailant and wears a padded suit to allow students to hit full force. Physical techniques to defend against attacks from the front, being grabbed from behind, and an introduction to fighting from the ground are practiced. Students leave this class feeling strong and often surprised by their own power and courage!

Recommend for: increasing safety, team-building, campuses in high crime areas, employee resource groups

Price: First class $1,900! Subsequent classes $2,400 (please see below for cost-sharing information)
"I recently took the 3-hour padded assailant course. The Instructors were fantastic, very knowledgeable and supportive. I found the instruction to be very practical and getting to try out the techniques on the padded instructor was invaluable." -Nicole, Google

"This class not only taught effective self-defense techniques, it was an amazing team building/bonding experience." -Haley, Splunk
Empowerment Self-Defense Extended  
*For up to 16 participants*

This powerful 6-hour class is recommended for employers who send staff off site for field work, for travel, and in other uncertain environments. Students learn all the verbal and physical skills in our 3-hour Introduction to Empowerment Self-Defense as well as a number of additional skills, more practice and more complex and unscripted scenarios.

Recommend for: increasing safety, team-building, physical skills, campuses in high crime areas, field work, travel

Price: $3,900

**Cost-Sharing:** To encourage maximum attendance, IMPACT recommends an employee contribution, (usually $25) payable online when students register at your group’s private class link. All employee class fees are then reimbursed to the company after the class date, lowering the total cost for the employer. This investment ensures commitment on the part of the student.
Introduction to Personal Safety

For up to 40 participants

This 1-hour training introduces students to IMPACT Bay Area’s approach to personal safety. We know that many assaults can be prevented or deterred using awareness, intuition, body language and voice. The physical skills taught in our longer classes provide a broad range of options for dealing with violence, but even this short class will provide valuable tools for staying safe. Students learn to recognize and honor their own intuition, develop assertive body language and powerful verbal skills, and practice two simple and effective physical strike techniques. This class includes one IMPACT instructor, and does not include scenario-based practice with a mock attacker.

Recommend for: increasing safety, basic skills, larger groups

Price: $950
90-Minute Introduction to Personal Safety

For up to 40 participants

This class includes everything in our 1-hour Introduction class with more drills and additional techniques to increase student safety and confidence. Students practice setting boundaries with friends and co-workers in a role play exercise.

Recommend for: increasing safety, basic skills, larger groups, boundary setting

Price: $1,400
Bystander Intervention

For up to 40 participants

This 90-minute class is designed for students to learn personal boundary setting skills as well as best practices for intervention when witnessing harassment or other unsafe situations. This class includes both a Whistle Instructor and a Suited Instructor, and students have the opportunity to practice strategies to keep oneself and others safe in the context of realistic scenarios. The skills practiced in class are designed to increase felt sense of confidence, ability to set boundaries, break “group freeze” and mobilize community assistance!

Recommend for: bystander/“upstander” training, basic skills, larger groups, scenario-based practice

Price: $1,400
How We Teach

We teach empowerment self-defense through safe, realistic, scenario-based practice. Our instructors are trauma-informed and understand the emotional nature of dealing with violence.

Whistle Instructors are the primary instructors in class. They teach technique, help students manage adrenaline and ensure a safe, fun and exciting experience. IMPACT is a women-led organization, and we are passionate about empowering women in leadership.

Suited Instructors wear specialized, padded armor and are trained to work in character as the mock assailant, safely absorbing the students' full-force strikes. Suited Instructors provide the human-shaped target and the presence of threat that gives rise to adrenaline, an important part of our model of state-dependent learning.
Logistics

**Flexible Scheduling**
Classes can be held during or outside of work hours, on campus or at a nearby venue (venue rental fees applicable.) IMPACT training can be scheduled on an ongoing or one-time basis, please inquire about multiple class discounts.

**Space Requirements**
Introduction to Personal Safety classes do not require special space or equipment: as long as there is a large office, conference room or other space that can be cleared of furniture and comfortably holds the number of participants in your group while standing, we can come to your location. Our Introduction to Empowerment Self-Defense class, and any longer class, requires a private room with a minimum of 20x25 feet of unobstructed floor space to lay down athletic mats.

**Class Demographics**
IMPACT workplace classes are most often all-gender. Our classes are also popular with gender-identity based resource groups. People of all genders find our courses relevant, challenging and empowering.

**IMPACT as an Employee Benefit**
As an addition or alternative to holding private classes, your organization can cover the cost of employee(s) training in any of IMPACT’s public classes in part or full.
What IMPACT Brings

● **Expertise** - IMPACT has over 30 years of expertise and continually evolving expertise in the field of personal safety and empowerment self-defense.

● **Value** - Our teaching model is based on a workshop format, rather than on-going classes or a system of techniques that take years to learn. Our longer courses help students build muscle memory, so the skills are integrated into one’s body and do not require “thinking about it.”

● **Practical tools** - We teach students to use the tools that are always available: intuition, awareness, body language, voice and the strongest parts of the body.

● **Empowerment for every day** - Our students report an increased ability to set boundaries and walk confidently in the world.

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