

Conflict Management & Self Defense

(Includes TKI Assessment \$35.00 value)

Date: Sept 23, 2010 OR Nov 2, 2010

8:30am – 12 noon

Shido-Kan Karate Dojo Hwy #24

\$ 100.00/person plus HST

This 1/2 day session will focus on helping you identify strategies you can adopt, at work and in your personal life when confronted with conflict. A pre-assessment will identify your Conflict Management Style utilizing the TKI Assessment. For more information on TKI visit us at: <http://bit.ly/dAYcOc>

- Recognize how your own attitudes and actions impact on others
- Find new and effective techniques for managing negative emotions
- Develop coping strategies for dealing with difficult people and difficult situations
- Identify those times when you have the right to walk away from a difficult situation
- Learn some techniques for managing and dealing with anger.
- Learn self defense techniques and when to use them.

Incorporate this program into your annual Bill 168 compliance program and prepare your employees for dealing with potential violence and harassment situations in the workplace. Be better able to deal with Conflict in your daily lives.

Professionals from **Beyond Rewards Inc.**, who specialize in assisting companies with their human resource, risk management, health and safety and training needs, will present this topic. Special thanks to **Roy Paul** with the **Shido-Kan Karate** who will be joining us and providing tips and direction on how to protect yourself should you come into a difficult situation in the workplace, in a parking lot, if your car breaks down on the side of the road, and more through self defense techniques. Dress casual and comfortable.

Register for an Advanced Self Defense Course (\$35.00 later) now and pay only \$30.00/person. Total payment would be \$130.00 plus HST

REGISTRATION FORM

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If paying by cheque, please mail to:

Beyond Rewards Inc.

17a-218 Silvercreek Pkwy N.

Suite 327 Guelph, ON N1H 8E8

**We accept Visa, MasterCard, and American Express
Register Online, Phone or Fax**

Fax completed form to: 519-821-7680 or mail to the above address

Call for additional information: 519-821-7440

Name of Registrant #1: _____

Name of Registrant #2: _____

Organization Name: _____

Contact email address: _____

Contact telephone number: _____

Name on Card: _____

Address of Owner of Card:

Card #: _____

Expiry Date _____ Security Code _____

Total Cost for Workshop: _____

Advanced Self Defense _____

HST: _____

Total Payment: _____

Call us for a quote for in-house training of your entire team.