

Programs for Businesses:

There are no safe or unsafe places, there are only safe and unsafe people.

In our seminars for businesses, we cover how to identify potential dangers from the overly aggressive coworker to the active shooter in your place of work. If you're a church group getting ready to do a mission trip, or your employees travel to questionable areas that have a reputation for violence or you're the real estate agent doing an open house, have you done your due diligence in having a plan of action and an exit strategy to keep your employees safe when things go wrong?

Let us help!

We can cater our programs to fit your time line and budget. We offer:

- 30 minute lunch & learn presentations
- 60 minute lectures with demonstrations
- 90 minute lecture with some hands on training
- 2 hour to 8 hour hands on seminars that we create and get approved to become a continuing education credit program for your industry.

Our programs are great for:

Civic Clubs & Organizations • Apartment Residents • Homeowners Associations
Office Building Tenants • Churches • Classrooms • Campus Organizations
Fraternities/Sororities • Women's/Men's/Youth Groups And More!

Call us for more details and pricing!

Testimonial

From the schoolyard to the boardroom and from the remote country to the inner city, Ray presents universal concepts and resources in an approachable, easy to learn, and concise manner. If you or any person you come in contact with is experiencing any issue with bullying or victimization Ray's training will give you the tools to effectively deal with and resolve the situation.

G. Hogan, Victim No More! Attendee



About Ray Amanat:



Ray Amanat is an author, speaker and safety expert on violence prevention. He founded "Heroes in Action", a nonprofit, mainly because he was a victim of bullying and violence at home and from elementary school through high school. He wanted to give people access to strategies and training that he didn't have growing up.

Ray has lectured at public and private universities, elementary schools, middle schools, and high schools. He gives seminars and personal safety workshops to individuals, churches and corporations, providing them with street-smart tips through role-playing with real world examples. He trains local law enforcement, works with D.A.R.E. programs and gives guidance to children with special needs.

He has established himself as a leading advocate for victims of abuse, bullying and violence. He continuously works toward promoting the goals of Heroes in Action, providing a positive message of safety to educate everyone in their communities to create safer environments for their families to grow up in.



**Purchase Ray's Books at
Amazon.com or Barnes&Nobles.com**



Heroes In Action®

Phone: (314) 570-0243

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Violence Prevention Education

We are a nonprofit organization dedicated to educating people about safety, awareness and using assertive behavior in your home, in schools, at work and abroad. Our training system is fun, safe and proven to deliver results. We train you how to stop Bullying which can eventually lead to violence.

Why Choose Us?

Heroes In Action uses easy to learn strategies on violence prevention to feel safer in today's world. Our system puts you in control and helps you diffuse situations outright or teaches you how to overcome obstacles to get to safety.

- Learn how to stand up for yourself.
- Learn how to stand up for others.
- Develop a plan of action.
- Know your Exit Strategy

Our Mission Statement:

To enable everyone to be safe physically, mentally and emotionally, against any form of bullying or violence empowering them to grow and become successful in life.

Visit Our Website:

[www. heroesinactionnow.org](http://www.heroesinactionnow.org)

Call Us: (314)570-0243

Programs for Children

*Bully, Victim or Hero? (Elementary Education K-5)
Choices? Sabotage or Success? (Grades 6-12)*

These two lecture presentations are designed as an aide for teachers, counselors and staff members of school districts responsible for the instruction of conflict resolution and anger management.

Unlike other bullying programs that focus mainly on the bully, these are geared towards the intended target, the bully and their peers. Character development and life skills are emphasized through role-play. Bullies are taught to make less aggressive, non-violent choices, while the targets of bullying and the by standers learn practical techniques to de-escalate potential conflicts, as well as gain the confidence to stand up for themselves and others in a safe and appropriate manner. The program is adapted to accommodate the ages and skill levels of the students, the structure of the classrooms, and specific issues that need immediate attention.

Protecting our Children

This is a 60 minute, 90 minute or two hour program for families with kids ages 5 years and older that focuses on hands on situations involving child predators that either use lures, try to groom or physically abduct their child. We teach how to talk to strangers, how to identify safe and unsafe behavior and how to escape a potential physical abduction. Each family member has a role to implement a plan of action and have an exit strategy to keep everyone safe.

Testimonials

Many of our staff and myself felt that the program was excellent. The students were engaged and came away with useful knowledge. I have heard staff and students utilize the language taught at the program. I feel as we continue using his strategies we will see more of a difference in our students' behavior regarding bullying.

*Sincerely,
Guidance Counselor, Cold Water Elementary*

It was WONDERFUL!!! The students enjoyed it immensely and the facilitator was terrific. In fact he was so obliging that he came back a different day, in character, to specifically speak with a particular student and that student's class. The request was granted without hesitation. That's going over and beyond any commitment to what you do, not just a job, but a purpose. He has also committed to assisting in any way we need him to help us address the issue. I know what he did was from the heart (and it is a Gigantic One!!!)

*Thanks,
Principal, Twillman Elementary*



Programs for Women

Victim No More!

Protecting Yourself with C.T.S.

(Conflict & Threat Strategies) is designed for the high school or college student, the stay at home mom and the working professional. The topics covered in these presentations can be catered to specific groups and organizations.

Our goal is to transform your way of thinking from a potential victim mindset to a more focused awareness and give you the verbal and physical skills to get out of bad situations. We want you to feel confident so that you can not only protect yourself but also your loved ones and those that can't help themselves.



Mr. Amanat will take you on a journey with thought provoking situations and will test your mental toughness. He will take a worst case scenario and back track to the original starting point of the crime, then lead you step by step through all the different ways the crime could have been prevented.

C.T.S. Full Circle Training Seminars

- Close Quarter/Striking and Blocking Awareness & Fundamentals
- Close Quarter/ Ground Awareness & Fundamentals
- Impact Weapon Awareness & Fundamentals
- Edged Weapon Awareness & Fundamentals
- Flexible Weapon Awareness & Fundamentals
- Firearm Awareness & Retention/Active Shooter
- Sport Fighting Arts (Boxing/Kick Boxing/MMA)

All seminars can be adapted to fit the clients needs that is hosting the event. The recommended time is between two - eight hours.

Call or visit our website for seminar descriptions and pricing.

