

**PAVING THE ROAD
SERIES:
EXTREME
PROFESSIONAL
DEVELOPMENT**



FIGHT OR FLIGHT

SECURITY TRAINING SOLUTIONS

Empowering people through knowledge.



Fight or Flight Overview:

Paving the Road is a series of soft skills and kinetic skills programs designed by STS to *empower people through knowledge.*

Paving the Road to Understanding Fight or Flight is an ideal workshop for everyone, but essential for law enforcement and security professionals. This program is intended to develop personality based communications skills. By understanding how we communicate and how others communicate, confrontation can be avoided. There are many levels of confrontation, this workshop is intended to assist the participant in recognizing when communications are being effective, and when communications are non-effective leading to potentially physical confrontation.

This training is based on the DISC Model of Human Behaviour. Using current tools and techniques you will begin to effectively understand the complexities of human behaviour. Theory and practical exercises will be utilized.

This workshop includes:

- Review of the DISC Model of Human Behaviour
- Combat Stress
- Physiology
- Autonomic Nervous System
- Anxiety & Fear
- Emergency Preparedness Plan

Administration:

- Materials/books will be provided.
- Certificate of participation will be issued.
- *Effective Communications* is a pre-requisite to attend this workshop.
- Module fee \$80 each.

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