

Could you defend yourself?

SORENSEN
WILDER
& Associates

Specializing in Safety / Security Solutions

Sorensen, Wilder & Associates is nationally recognized for its aggression management and workplace violence prevention programs.

PREPARED, NOT SCARED

Personal Self Defense



Prepared, Not Scared is one of the Essentials of Aggression Management® programs offered by Sorensen, Wilder & Associates



It doesn't matter if you are an office executive leaving work after dark, a healthcare worker who makes home care visits, a student walking through a campus or college town, a mom leaving the gym, or a grandparent out for an early morning walk...if you are attacked, there is only one person you can truly count on to protect you -- and that person is you!

Prepared, Not Scared is a program that empowers individuals against a potential attack by combining situational awareness, risk avoidance, and hands-on defense tactics.

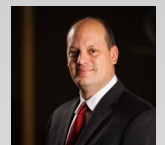
Prepared, Not Scared is open to individuals ages 14 and older and is intended to:

- Build self confidence
- Teach how to know your surroundings
- Help recognize & avoid dangerous situations
- Teach self defense & escape tactics
- Guide you in reporting & identifying to authorities

Program Instructors

Glenn Nixon

Glenn retired from 22 years of law enforcement service where he was a strategy and tactics instructor, and use of force and firearms expert. He is a 20 year black belt martial artist. Nixon has been a certified concealed carry instructor for 15 years and brings extensive combat and use of force experience to Prepared, Not Scared.



Deb Caspary

Deb Caspary is a twelve-year trained expert in martial arts. She is a third degree black belt, and has been an instructor for both adults and children for 4 years. A mother of three, she is also an ACE certified personal trainer.



Call today to book Prepared, Not Scared for your group. (815) 933-5977 or (800) 568-2931