

- 30 June 2010
(Wednesday)
- 8:30am - 5:00pm
- Hotel Singgahsana
Petaling Jaya



Free!!
**1 Year Women Insurance
 Policy NUR KURNIA
 & Pepper Spray
 & WANITA Magazine**

Women Response Techniques

BG CAPITAL HOLDINGS SDN BHD (841672-M)

INTRODUCTION

The workshop is structured to empower, create awareness and build women self confidence to act and respond when faced with violence situations that could put their life at risk. Learning method will be conducted in both theory and practical to help women overcome their feelings of panic and fear. Participants will be taught practical women response techniques suitable for all emergency situations.

WORKSHOP OBJECTIVES

- To build self confidence and learn about your rights as women
- To learn simple and practical women response techniques

SUITABLE FOR

All Women who want to learn about self protection, Organisations / Companies with female employees, Housewives, Working Women, Youth / Teenagers (above 15 years old)

REGISTRATION FEE

- ▶ 1 Day Workshop @ **RM330** / pax
inclusive of certificate, free gifts, morning / evening tea breaks & lunch
- ▶ 10% Early Bird Discount (**valid until 9 June 2010**) @ **RM297** / pax
- ▶ 10% Group Booking Discount for 3rd participant onwards

**BG CAPITAL HOLDINGS SDN
BHD (841672-M)**

Wisma Mazmoon
14 Jalan SS19/1D
47500 Subang Jaya
Selangor Darul Ehsan

Tel No: 603-5635 0030 ext 212
Fax No: 603-5635 0040
Email: vaw@bgcapital.com.my

WORKSHOP CONTENTS

Setting The Correct Mindset

- Understanding your rights as women and violence against women statistics
- Understanding fear and how to overcome it
- What can you do?

Theory and Practical Methods

- Decision
- Action
- Destruction (Results & Consequences)

Discussion

- Getting ready to respond for your first attack !
- Safety products for women
- Question & Answer

ORGANISER'S PROFILE



BG Capital Holdings Sdn Bhd is the parent company of **BG Monitrack Sdn Bhd** and **Berani Guard Sdn Bhd** which is the only 100% women owned security services company in Malaysia and registered with the Ministry of Internal Affairs. **"BGCH For The Community - Stop Violence Against Women"** program was launched in early 2010 in response to National Women Policy 2009 announced by the Ministry of Women, Family and Community Development which identifies Violence Against Women as one of the main sectors to be incorporated in the National Development Plan. Main objective of this program is to assist organisations and individuals to create safe and conducive living and working environment for women towards improving productivity and country's economic growth.

REGISTRATION FORM

(Women Response Techniques Workshop)

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Method of Payment:

Crossed Cheque / Bank Draft to be made payable to **"BG Capital Holdings Sdn Bhd"** and couriered to Wisma Mazmoon, 14 Jalan SS19/1D, 47500 Subang Jaya, Selangor Darul Ehsan.

Cancellation & Substitutions:

All cancellations must be made in writing. If cancellations received one week before the event (23 June 2010) you will be entitled to a 50% refund. Due to contractual commitments no refund will be made after the cut off date. Substitution are welcomed at anytime.

Note: It may be necessary for reasons beyond control to change the content and timing of the event, speaker(s) or venue. Every effort will be made to inform the participants of the change.

Please note that payment must be received within 5 working days upon issuance of invoice. Fax / Email your registration now to enjoy the Early Bird and Group Booking discounts. Registration closing date is on 29 June 2010.

Fax No: 603-5635 0040

Email: vawmgr@bgcapital.com.my

Contact Person:

Designation: _____

Participant 1: _____

Designation & Email: _____

Participant 2: _____

Designation & Email: _____

Participant 3: _____

Designation & Email: _____

Participant 4: _____

Designation & Email: _____

Participant 5: _____

Designation & Email: _____

Company: _____

Address: _____

Tel No: _____

Fax No: _____

Email: _____

Signature & Company Stamp