

Karen Armstrong

Speaker • Trainer • Author



Violence Prevention, Conflict Resolution and Personal Safety Skills Expert

Dynamic and Engaging Presentations and Workshops

- Dealing Professionally with Aggressive Behaviour
- Freedom from Fear
- Decoding the Predatory Mind

Author of Three Acclaimed Books

- **Freedom from Fear** – The Complete Guide to Personal Safety for Women
- **Wing Chun Kung Fu** – An Effective and Logical Approach to Self Defence
- **The Authentic Wing Chun Weapons** – Butterfly Knives and Long Pole

Writer, Producer, Director of Award-winning instructional DVD

Wing Chun Kung Fu (60 minutes)



Karen Armstrong is a keynote speaker who has presented at a wide range of events. She creates a friendly, welcoming environment and keeps the audience totally engaged.

Karen presents at business, government and community forums, with solutions for threatening and aggressive behaviour. These skills show managers and front line staff how to create a safe, harmonious workplace.

Through 25 years of research and teaching over 30,000 people, Karen has developed a ground-breaking method of assault prevention. Ongoing consultation with the Institute of Criminology keeps Karen's presentations at the leading edge of crime prevention.

Her Safety Strategies presentations custom designed to fit your audience, have achieved outstanding results in transport, local government, enforcement, health, community services and customer service. Her training is recognised as the benchmark of quality and effectiveness in workplace violence prevention.

Qualifications

- Certificate IV in Training and Assessment TAE40110
- Business Management, Australian Institute of Management, Sydney, NSW
- First Class Honours Degree - Major in Philosophy, Flinders University, SA
- Bachelor of Arts Degree, Melbourne University, VIC
- Wing Chun Kung Fu, Level 3

Look forward to being inspired, entertained and empowered!

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Watch Karen in action: karenarmstrong.com.au/keynote-speaker/



Dealing Professionally with Aggressive Behaviour

One-hour presentation or two-hour workshop covering the following key elements:

- Safety and confidence for frontline staff
- Prevent and defuse aggressive customers
- Build a safe, harmonious workplace

Workplace violence is costly in both financial and human terms. Karen's Safety Strategies method has resulted in substantial savings for many organisations in workers compensation claims. This session is designed for frontline staff who are dealing with threat, intimidation and abuse.



Freedom from Fear

One-hour presentation covering the following key elements:

- Three simple techniques that could save your life
- Harness your deepest survival instincts
- Practical strategies to protect yourself

The serious and sometimes fatal assaults we hear about through the media create feelings of fear and powerlessness. There is an immediate need for safe, legal, strategies to prevent assault. This presentation combines ground breaking research with practical techniques that show you how to feel safe everywhere you go in life.



Decoding the Predatory Mind

One-hour presentation covering the following key elements:

- How do predators choose their targets?
- What are the early warning signs?
- What prevention strategies can you apply?

Managers are shown skills to create conflict-resilient workplaces with proven strategies for early intervention and appropriate responses for all forms of conflict, including harassment and bullying.



As well as covering the serious issues of personal safety and managing risk, your presentation was fun and energetic! Your style of presenting was highly professional, informative and engaging. It was inspiring to see someone having such a strong, confident presence.

Conference Organiser, Connecting Rural Business Women





Karen Armstrong

Predatory Behaviour Specialist
Violence Prevention Expert
Personal Protection Instructor

Karen's specialist expertise shows businesses and managers how to protect their most valuable asset – their people.

Her presentations bring vitality and real audience engagement to conferences on:

- Customer Service
- Compliance and Enforcement
- Health and Community Services
- Human Resources
- Local Government
- Transport
- Work Health and Safety (WHS)



NSW Police Force

“ I continue to receive feedback from my staff about their improved confidence, awareness and prevention strategies whilst undertaking their crime scene investigations.

Lindsay Spence
Forensic Services Group, NSW Police



“ As well as covering the serious issues of personal safety and managing risk, your presentation was fun and energetic!

Conference Organiser
Connecting Rural Business Women



“ Karen Armstrong's Safety Awareness training has dramatically reduced the incidence of assaults, which in turn has resulted in a significant reduction in workers compensation claims.

Patricia Ryan, Divisional President
Rail Tram and Bus Industry Union



“ Relevant and well-presented, and compatible with Council's philosophy of service rather than enforcement. It has been of tremendous help in building a well-balanced, confident team.

Charles Watson
Manager Ranger Services
North Sydney Council



Karen is attentive to detail, spending time learning about the environments staff work in and exploring any incidents that may have occurred. Staff resoundingly stated it was the best personal safety presentation they had ever attended.

Teresa Harm, Community Services Manager, Macarthur Region

You will be shown useful, practical strategies that you can apply immediately in your professional life to improve the confidence, productivity and morale of your team. These skills show you how to prevent a range of impending disasters, from compensation claims through to resignations caused by unresolved workplace conflict and aggression.

Look forward to being inspired, informed, entertained and empowered!

