

# 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!**

**m** +61 408 615 559 **e** karen@karenarmstrong.com.au **w** karenarmstrong.com.au

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