



Instructor: Sheila Haddad

Sheila Haddad teaches self defense workshops of all levels for girls, teenagers and adult women. In addition to the physical, Sheila focuses on the psychological aspects of trauma and abuse, broadening awareness, developing intuition and sensitivities for prevention purposes. Through her affiliations, travels, and studies, she stays current with issues facing women of all ages in our society. Sheila is past Executive Board Member and Chairperson of the Association for Women's Self Defense Advancement and a former member and instructor of the National Women's Martial Art Federation. She has also been an active member, teacher and past event organizer for the Pacific Association of Women Martial Artists.



Sheila has been training and teaching martial arts internationally since 1989 and is a global keynote instructor. She holds high ranks in several Japanese combat style arts. Sheila founded the Seido Institute, an organization devoted to the integration of the warrior and healing arts. The Institute offers international workshops, seminars and certifications in martial arts and Seido Bio-Energy Therapy. She has earned a Masters degree in Psychology, and conducts workshops and seminars in martial arts, women's self defense and Seido Bio-energy throughout the world.

Seido Institute
Tampa, Florida
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for registration form



Self Protection, Safety Skills and Self Confidence Building *for Women*

A One Day Intensive Training

Saturday Sept.12, 2015

9am to 5pm

\$95

Tampa, Florida



Do you feel safe in your community, in your home, or going to your car? Can you protect yourself physically if the need arises? Can you protect your children or family? Can you speak out with confidence? If you answer no to any of these questions, then this seminar is for you!



What to Expect

Objectives for the Day

- Trust your intuition
- Develop awareness
- Learn to make smart assessments
- Confidence building
- Understand issues of power
- Learn self protection skills
- Dealing with personal fears
- Learn to handle verbal assaults and harassment
- Learn early warning signs of trouble
- Survival of traumatic-dangerous potentially violent situations
- Develop a warrior mindset
- Learn physical self protection skills

In this 8-hour seminar you will access your personal warrior and develop the ability to use your warrior qualities. You will learn the psychology of violence and understand issues of power. In addition, you will come away knowing what assailants look for in a victim, how to not be a target, and tips for keeping yourself, your friends, and your family safe. You will learn the stages and aspects involved in assaults, as well as how to avoid serious and threatening situations by identifying ploys and tricks. Through a series of verbal exercises, you will develop assertiveness and de-escalation skills to deal with and neutralize potential confrontations. In building confidence to back up your verbal skills, you will learn a variety of physical techniques against an unarmed assailant.

This is an intense and very powerful course. Through a rigorous and supportive environment, you will learn more about yourself. This course will change your life.

What They Say...

“This course validates and addresses women's issues, everything from self-esteem to reality of the workforce to physical ability.”

“It just makes sense. No one should be unprepared. I was a little scared to take the course, but it is scarier to walk around without the knowledge that I have from today. Thanks!!”

“I am taking home with me empowerment-inner strength I didn't know I have and confidence.”

“Could be life saving! Invaluable. Every female should take this course.”

“This course exceeded the stated objectives!”

