



### How do I book an Angels with Attitude Presentation?

The first step is to call **Julie** at **888-534-1205 x 703**. It helps if you know some parameters for an appearance (for example, "We would like a Tuesday or Wednesday in October"). Once we have agreed on a possible date, you check for room availability on your campus, and we check with the speaker to be sure the date is OK. Once everything is checked out, we send you a simple contract. You have approximately two weeks to sign the contract and return it to us. Of course, if you have college or university contracts or riders that you need us to sign, we are happy to do it. Overall, we try to keep the process simple and straightforward.

### What kind of self-defense moves are taught?

The seminar first addresses risk reduction and trusting intuition, in an attempt to prevent a violent situation from happening in the first place. After those core concepts are learned, basic self-defense techniques that focus on real-life attack scenarios are explained. The moves are simple, and designed to be effective even under traumatic stress.

*Techniques include:* elbow strikes, groin strikes, eye pokes, ground fighting techniques and improvised weapon instruction. The Angels with Attitude presentation is a basic introduction to self-defense, and is not intended to replace an intensive self-defense class. We are the bridge that brings together ordinary women who want to learn self-defense and the best self-defense schools to provide the next step in training.

### What makes an Angels with Attitude presentation unique?

The Angels with Attitude presentation is emotionally designed by women for women. The presentation is interactive. Everyone gets a chance to be involved by participating in the role playing exercises. The interactive role playing allows for the audience to come up with their own scenarios and situations. This allows the various issues that are going on at that specific campus to come to the surface.

*For example:* We conducted a workshop in Hawaii, and during the role playing exercises, we noticed that most of the girls did skits that reflected a tourist "cat calling" and sexually harassing the girls. So after the skits were finished, we were able to give solutions to exactly what the majority of girls faced in that part of the world. Also, prizes are given out to keep the audience engaged. Prizes encourage the audience to participate and want to win so each person in the audience takes the presentation more seriously.

### How long is a presentation and what is covered?

The presentation is 90 minutes. We cover the following concepts; Awareness, intuition, visual boundary setting, verbal boundary setting, reading body language, self-defense and the law, physical self-defense and improvised weapons.

### Do you do coed presentations?

We do coed presentations, but we prefer not to. We find that our message resonates better with an all female audience. Also certain things that we teach the women, we do not want men to know, and when we do a coed presentation we have to eliminate some of these important lessons from our workshop.

### Where is the presentation held?

Past presentations have been held anywhere from assembly halls, lecture rooms, sorority houses, auditoriums and even recreation fields. So basically, any space comfortable and large enough to accommodate the anticipated number of participants. The time of the presentation is up to the sponsoring committee.



### **What is the difference between the R.A.D. program and Angels with Attitude workshop?**

When Bari and Danny designed the Angels with Attitude program, they worked with local R.A.D. instructors and noticed what was missing. The physical self-defense that we teach is simple and more effective than the R.A.D. program but that is not what we focus on when he does his seminars.

Most potentially dangerous situations could be avoided by mastering the three principles of self-defense; Awareness, Intuition, and Boundary Setting. Women's intuition is the great equalizer to male strength and we teach women how to sharpen this aspect within us. Angels with Attitude seminars are very empowering.

Many police officers are very good at what they do, being police officers, however, that is a completely different skill set than communicating to women. Angels with Attitude speakers are professional communicators, who know how to communicate a message that resonates with women in a very powerful unforgettable way.

Also we found that the RAD program only serves a VERY small percentage of the population at the schools we surveyed. A lot more women need to be educated to combat the dangers of the world. Angels with Attitude presentations are able to educate hundreds of women at a time.

### **What makes your presentation different than Erin Weeds, girls fight back presentation?**

Erin Weed is a great speaker with a powerful message and an amazing story. We have a very similar philosophy as far as what we teach. The difference between Angels with Attitude and Girls Fight Back program is that the Angels with Attitude presentation is coming from a male perspective. A guy's point of view on the topic of personal safety is invaluable. We highly recommend Erin's seminar as well as Erin's book and her other products.

### **What about "the free seminars" some organizations offer, how do you compare to those seminars?**

Often times local organizations near or on campus clubs offer a free women's self-defense workshop for the Universities. There are two problems with this is that,

- #1 Anything you accept as free comes with obligation. A lot of times these "free seminar" leaders try to sell you pepper spray or other self-defense products and the seminar is crap.
- #2 These people are not professional. They might be martial arts instructors looking to promote their gym or campus clubs, but they are often times not qualified to teach women, personal safety.

Check out this article link below to see the possible negative outcome this free seminar could bring to your school.

<http://media.www.westerncourier.com/media/storage/paper650/news/2006/11/29/News/Phony.Seminar.Turns.Into.Sales.Pitch-2512533.shtml>



### **Why do you quote all-inclusive prices?**

We have a hassle free speaking fee. It is a lot easier for everyone. The schools like it because they know exactly what they will be spending up front, and aren't affected by gas prices and changing airline costs. When you get a price from us, you don't get any surprises later.

### **How can I get a lower price on a speaker?**

We post announcements when speakers are going to be in certain states with open dates. This might be a great opportunity to get the speaker you want at a discount price. Obviously, it requires some planning flexibility on your part, and you often have to act quickly on short notice to take advantage of these discounts.

### **Can a student do a booking, or does an advisor need to call?**

That depends on the policies at your university. It's a good idea to check with your advisor if you haven't done this before. But, Angels with Attitude happily books programs with student leaders all the time. As a student, you should feel confident that you will be treated fairly and professionally when you call Angels with Attitude. We're in this business because we care about the students!

### **What will you send us to help promote the speaker once we've booked?**

Most promotional items are downloadable from our website, including photos, sample press releases, introductions, and our great promotional ideas. We also have poster you can download and use to promote the Angels with Attitude event. We are happy to help you with any special requests you might have.

### **Is the speaker available to have dinner with student organization leaders and staff before or after the program?**

Almost always, yes. The only exception would be in those cases where a speaker needs to make a long drive back to the nearest airport for an early morning flight. Please let us know in advance if you would like to have dinner with a speaker. We will be happy to convey any invitations, and in most cases he or she will be delighted to spend some informal time with you. Please understand that dinner before or after a program is completely optional, and you should never feel obligated to "entertain" an Angels with Attitude speaker. They respect your busy schedule.

### **Do we need to make airline or hotel reservations for the speaker?**

Typically, no. Our speakers make their own travel and hotel arrangements, so that's one less thing for you to worry about. Our fee is all inclusive. If you are able to assist the speaker by securing an inexpensive "college rate" at a nearby hotel, that would be helpful. Our staff will work with you in the weeks prior to the engagement to make sure everyone understands the speaker's travel plans and any special needs.

### **Should I call him?**

Our speakers are instructed to get in contact with you either by phone or email at least two weeks in advance of their visit. So, yes, if you haven't heard from the speaker, that's a problem! Call Angels with Attitude immediately at 888-534-1205 x 703 and we will put you in contact with the speaker as soon as possible.

### **Who do I call at Angels with Attitude if I have a question about a program I've booked?**

Any staff member can help, but usually you will speak with Julie our presentations coordinator, in the days leading up to your program.