

Training on  
**'SELF DEFENSE'**

An Initiative of CA Women Committee



Thursday | June 16, 2022

3:00pm - 6:00pm

In person at ICAP Karachi | Live over  zoom

CPD Hours: 03

Who can attend:

All women associated with ICAP including Women Members, Qualified, Part Qualified, Training Completed, Trainees, fresh students, and the staff of ICAP.

Register Now:

<https://bit.ly/3mn9aHy>

## Key Objective:

Equip the participants with the information, skills and tactics to live a stronger, safer and more empowered life.

## Course Outline:

The Science behind the “Freeze”

Fight or Flight: What’s your tactic?

Fear in the middle of a remote Desert

The 5 Principles of Personal Security

### 1 The Psychology of Fear

Observation + Orientation

OODA Loop

How to instantly improve Observation

Baselines and Anomalies

Behavior Patterns and indicators

Keys to analyzing people: Body Language

Keys to analyzing people: Eyes are the windows to the mind

Always have a Plan of Action

Predatory Warning signs

### 2 Situational Awareness

The Bird’s Eye View

How to say NO

Types of responses to hostile behavior

General De-escalation tactics

Body Language for different situations

Confidence Hacks

Staying in the middle lane

Flexibility and diplomacy

Negotiation 101

### 3 Verbal Jui-Jitsu

Uber/Careem/Taxi Safety

Bus Safety

Intimidation

High powered poses and walks

Vulnerable points on attackers body

Easy physical self defense tactics for everyday problems

### 4 Public Spaces: Markets and Transportation

# Trainer's Profile

XENAB F. ANSARI

Trainer, Public Speaker



Xenab Ansari is a Reformist, Speaker and Founder of Empower Yourself, a Think Tank that focuses on developing training tools and spreading awareness about Mastery of Fear, Self-Preservation and Dominance in 6 fundamental areas of a person's life including Psychological, Verbal, Physical, Digital, Financial, Legal.

Having worked primarily as an Entrepreneur throughout her career, Xenab has started up an export fashion brand (Xenab's Atelier), joined as a junior partner to relaunch and establish a well-known fashion brand (House of Zunn), provided companies in Karachi and Lahore with training and wellness services (DXD) and founded a platform (Empower Yourself) which collects research and data on six common forms of abuse and manipulation, and aims to find solutions to help people manage situations where they are being fearful, manipulated, abused or in danger.

Xenab has also spent over 2 decades in the public speaking domain and has extensive experience on the stage and in theatre, as well as TV and Radio talk shows, panel discussions, as Master of Ceremony and as a guest speaker in a number of events with clients including the Pakistan Navy and Army.

# Time and Program



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