



As a Real Estate professional, you place yourself in vulnerable situations every day. Violence and assault against Real Estate professionals is an industry wide concern:

**Springfield, Illinois:** "Dale W. Lash, convicted of the November 3rd rape of a Springfield real estate agent he lured to a vacant home on the pretext he was interested in buying it." The State Journal - Register.

**Bethlehem, PA:** "A 40 year-old female practitioner was killed recently in a vacant house listed For Sale near Bethlehem, PA. The incident raised renewed concerns about safety issues." Realtormag.com, copyright 1997

## You Do NOT Need To Be a Victim!



## CONFIDENCE!

Welcome to **FAST Defense**, the most transformational 3 hour journey into Conflict Resolution and Personal Protection you will ever experience!

**FAST Defense** has been designed by the countries top experts in the Personal Empowerment / Self Defense Industry.

## CONTROL!

This course is a *scientifically developed* program covering 3 crucial components for effective Confidence and Personal Safety:

1. Awareness Skills to detect and avoid the most common hostile situations found in everyday life!
2. Verbal De-Escalation skills to talk down a hostile person, and Assertive Boundary Setting should that person not cooperatively leave.
3. Physical Escape Techniques proven to work against attackers regardless of size or physical strength! Students learn to transform their *Fear into Power* by safely practicing their skills full force against trained and padded mock assailants!



## COMPOSURE IN ANY SITUATION!

**"I truly cannot believe the power I have gained through this short 3 1/2 hour seminar. This course has given me the confidence I always knew I had, but could never access. I feel a new passion for life bursting forth already!**

**Thank you FAST Defense!"**

*Jeanie Hamilton  
The "Jeanie" Of Real Estate*

**FAST Defense  
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**ANYONE** Can Learn To  
Handle Virtually  
Any Conflict With  
Confidence & Control!

In this training you will  
gain:

- Greater Confidence and Control in all facets of your life.
- A Powerful Voice: Assertive communication Skills to handle any situation at home, work, or play.
- Awareness of the common mistakes people make in everyday situations that often get them into trouble.
- FEAR INTO POWER!  
To find and utilize the **power** of your fear, not be paralyzed by it.
- **The POWER of your body:** Amazing experiential exercises where you access your **infinite power within!**

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## Safety & Confidence Workshops For Realtors



Take the **FAST**  
Approach to Greater  
Confidence,  
Control,  
And Safety,  
in ANY Situation!

[www.MercerIslandMartialArts.com](http://www.MercerIslandMartialArts.com)  
(206) 230-9050