

Mindfully Vigilant: The Essential Elements Everyone Needs to Know to Stay Safe

Have you ever heard a story on the local news that caused you to think about your own safety? Have you had a friend or loved one fall victim to being in the wrong place at the wrong time? In this engaging session, Shelley Klingerman shares real-world stories, demonstrations and tactical strategies you can use to avoid dangers in your own backyard. She will also share what you should do if you find yourself facing something you couldn't avoid. Staying safe doesn't have to be scary. It isn't just about self-defense. It's about being mindfully vigilant, and Shelley will help you learn how.

Ideal Audience for This Talk:

Professionals (men and women); Parent groups; Realtors; Healthcare; Wellness instructors

In this session, attendees will:

- 1) **Understand the Profile of a Predator™**
- 2) **Learn safety habits to incorporate into daily life**
- 3) **Know how to train a mindset to react to situations when they arise**
- 4) **Develop specific tools you can use to help yourself remain safe**

About Shelley

Shelley Klingerman's business is personal. As a woman, a mother, an entrepreneur and an executive leader with more than two decades of experience, she knows the importance of the warrior mindset. Shelley is the Founder and President of Stiletto Agency, and focuses her work on teaching everyday vigilance, team building and leadership development to women of all ages.

Stiletto Agency draws on the expertise of law enforcement and anti-terrorism operatives in service to its mission to prepare women for threats, prevent attacks and equip them to protect themselves when necessary.

Shelley is a frequent keynote speaker, guest lecturer and workshop facilitator. Shelley released her first book in 2019: "Vigilance: The Savvy Woman's Guide to Personal Safety, Self-Protection Measures, and Countermeasures." Her favorite audiences range from collegiate women to corporate executive teams, and everyone in Shelley's session values her practical tips they can put into practice in their lives right away.

Shelley Klingerman

Author • Speaker • Empowerer



www.stilettoagency.com
requests@stilettoagency.com
(812)230-1888



/stilettoagency/



/shelley-klingerman