



DIANE L. WALLANDER

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Self-Defense Personal Trainer • Self-Defense Seminars

PHYSICAL AND EMOTIONAL CONFIDENCE SKILLS

7 Quick Tips for Women

- 1** Never allow anyone unfamiliar into your personal space.
- 2** Never think or act like a victim.
- 3** Control your fear—you cannot eliminate it.
- 4** Make and maintain eye contact.
- 5** Visualize yourself safe and unhurt.
- 6** YELL, YELL, YELL!
- 7** Do not stop until you are safe.

DIANE L. WALLANDER

specializes in training women to take control of their personal safety.

Contact Diane today to express your needs and get a customized quote:

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