EMPOWER & PROTECT™

Schools & Youth Group sheet

Interactive, trauma-informed workshops that build confidence, emotional regulation and practical safety skills.

THREE WAYS TO BUILD CONFIDENCE

01 Empowerment Through Mixed Martial Arts

Elementary, middle & high school students

Movement-based learning that connects confidence, focus and resilience with personal safety and healthy choices.

02 Crisis Confidence

Adults / school staff / youth-serving professionals

Practical tools for recognizing escalation, setting boundaries, creating space and responding calmly under pressure.

03 Custom Empower & Protect™ Workshop

Youth groups or adults / staff

A workshop tailored to your audience and goals, with topics such as emotional regulation, self-confidence and personal safety.

FLEXIBLE FORMATS

60 minutes • 120 minutes • Multi-week options
Content adapted to age group, goals and setting.

Groups of up to 50
Boxing gloves and mitts provided for hands-on programming.

60-MINUTE SEMINARS
Starting at $1,250

FULL-DAY PACKAGES
Starting at $4,900

120-minute, multi-week and customized programming: request a quote.

FEEDBACK FROM SCHOOLS & COMMUNITY PARTNERS

“We were thrilled to have Cherelle Warren present on self-defense and how discipline/focus are skills that can make students successful at anything they try. The beginning of her presentation talked about self-confidence and self love.”

Brian S. Graham
Grand Island High School

“They Loved it and it was a great way to set up the camping trip!”

Devon Patterson • Open Buffalo
Director of Community Engagement

BRING EMPOWER & PROTECT™ TO YOUR GROUP

Cherelle Warren | Trauma-Informed Safety Educator
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Submit a booking inquiry:
empower-andprotect.com