



Shaolin Kung Fu Studios
3661 Horseblock Rd, Suite J
Medford, NY 11763 www.NotKarate.com

Adult Bully Busting Seminar

Duration: 2.5 Hours

Seminar Objectives:

- Synopsis of Children's Seminar:
 - How to ARM themselves against a bully (Avoid, Resolve, Manage).
 - The five ways to fight a bully without resorting to violence.
 - How to increase self-confidence.
- Expanded information on each topic with suggestions on ways staff can help reinforce lessons their students have learned.
- Methods for recognizing and dealing with bullies and their victims from a staff perspective.
- The psychology of the modern bully.
- Methods of breaking cliques and promoting diversity.
- Discussion of the new problem of cyber-bullying and how it affects schools.

Format:

- Lesson portion.
- Interactive role playing.
- Q&A session.

Certification upon successful completion.