

Sista NForce Security

Safety & Training Services

At Sista NForce Security, we believe that preparedness is power, and safety is more than just physical protection—it's about mental, emotional, and situational awareness as well. Our training programs are designed to equip individuals, workplaces, and communities with real-world skills to stay safe, confident, and empowered in any situation.

Our Training Services:

Non-Lethal Self-Defense & Hands-On Tactical Training

- ✓ Situational Awareness & Threat Identification – Recognizing danger before it escalates
 - ✓ Defensive Communication & De-Escalation – Preventing conflicts before they turn physical
 - ✓ Non-Lethal Defensive Tactics – Hands-on training in personal safety techniques
 - ✓ OC Pepper Spray Certification – Learn proper deployment, safety, and legal considerations
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Physical, Mental & Emotional Intelligence Training

- ✓ Emotional Intelligence & Stress Management – Handling high-pressure situations
- ✓ Crisis Communication & Conflict Resolution – Responding to tense interactions with control
- ✓ Mental Toughness & Decision-Making Under Stress – Strengthening focus and reaction time
- ✓ Dealing with Aggressive Behavior – Identifying triggers and using effective response techniques

Hybrid/ In Person CPR, AED & First Aid Certification

- ✓ American Heart Association CPR & AED Training – Life-saving skills for individuals & businesses(In Person/ Blended)
 - ✓ Basic & Community First Aid – Learn how to respond to medical emergencies
 - ✓ Emergency Preparedness & Response Planning – For schools, workplaces, and community groups
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Youth Safety & Empowerment Training

Youth today face unique challenges that impact their safety in their communities, in relationships, and within their own minds. Our training programs address real-life dangers and empower young people with the skills and awareness they need to navigate the world safely.

♦ **Community Safety & Street Smarts**

- ✓ Community Violence Awareness – Understanding risks and making smart choices
- ✓ Human Trafficking & Exploitation Prevention – Spotting warning signs & seeking help
- ✓ Social Media & Digital Footprint Awareness – Staying safe in an online world
- ✓ Recognizing Dangerous Situations – Trusting instincts & avoiding harm

♦ **Relationship Safety & Personal Boundaries**

- ✓ Healthy vs. Toxic Relationships – Identifying emotional & physical abuse
- ✓ Peer Pressure & Decision-Making – Strengthening self-confidence & boundaries
- ✓ Consent & Personal Space Awareness – Understanding rights &

respecting others

✓ Bullying & Cyberbullying Prevention – Building resilience & seeking support

♦ **Mental & Emotional Well-Being**

✓ Managing Anxiety & Fear in Dangerous Situations

✓ Emotional Awareness & Self-Control Under Stress

✓ Mental Health Resilience– Mental health resources & strategies

✓ Confidence Building & Assertiveness Training – Speaking up & standing strong

Who We Train:

✓ Individuals – Adults & youth looking to enhance their personal safety skills

✓ Schools & Colleges – Staff, faculty, and student safety workshops

✓ Workplaces & Corporations – OSHA-compliant safety & security training

✓ Community & Faith-Based Organizations – Group training tailored to real-world risks

✓ Security & Safety Train the Trainer certification, and Professionals – development and implementation of compliance-based workplace safety programs.

Ready to Get Trained?

 Book Your FREE consultations Today! [Free 15-minute Consultation](#)

 Call Us: (331) 251 - 0466

 On-Site & Virtual Training Available!

At Sista NForce Security, we prepare you for the real world—because staying ready means NEVER getting caught slipping! 🔥💪