



Working to Improve Safety and Self Esteem since 1994



# FREE | PERSONAL SAFETY COURSES FOR WOMEN

Women of all ages, fitness levels and abilities are welcome

Learn how to identify, avoid and escape  
potentially dangerous situations

Learn how to use simple techniques and shock  
tactics to help improve your personal safety

Take part in discussions and exercises designed  
to help improve your confidence and self esteem

**Have some fun... go on... give it a go!**

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 WiseWomen Glasgow

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Wise Women are  
funded by Glasgow  
City Council



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## ABOUT WISE WOMEN

Wise Women addresses women's fears and experiences of crime and violence through the provision of Personal Safety and Confidence Building courses, workshops and information to women in local Glasgow communities. We also provide training and awareness raising events for staff.



Our Personal Safety courses are free to individual women and are held in local communities, increasing access for women. The course is 5 weeks long and each session lasts approximately 2 hours. They are open to any woman regardless of age, abilities and fitness levels.

## WHAT WOMEN HAVE SAID ABOUT OUR COURSES

Of the women that attended our courses 98% said their sense of safety had increased and 97% reported feeling more confident.

"Using my voice in a controlled manner has amazing effect."

"I am far more aware of myself and my own self worth; I's worth defending!"