



SELF-PROTECTION & DEFENSE TRAINING

freedom from fear starts here

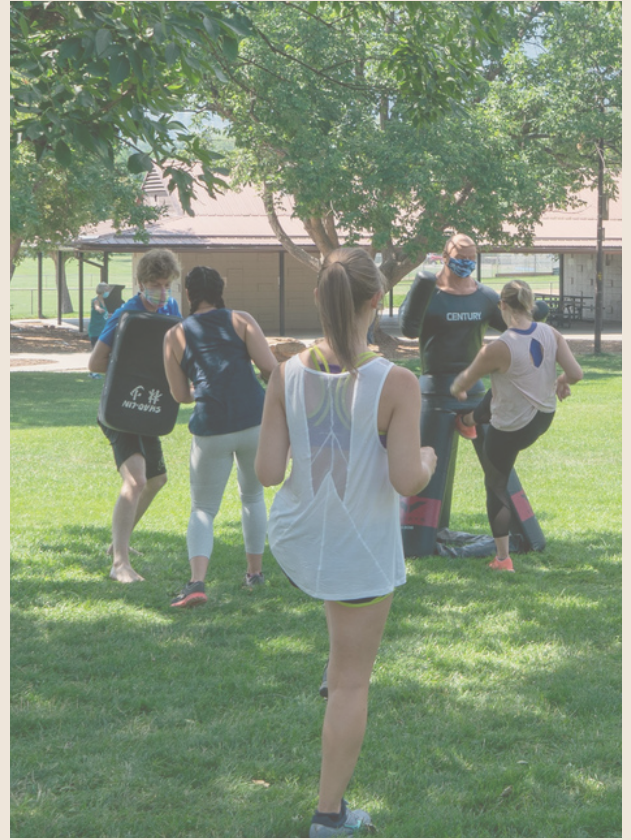
PERSONAL SAFETY EXPERT **RACHEL MAHLOCH**
IMPARTS THREE DECADES OF EXPERIENCE & A
PRACTICAL RESULTS DRIVEN APPROACH TO
EMPOWER WOMEN...



About BATTLE WOMAN

Battle Woman® delivers a holistic multi-faceted approach to personal safety, blending both physical skills and mental resilience. By equipping participants with practical skills and an empowering mindset, workshops seek to help women lead more secure and confident lives.

“**You’ll walk away with lifesaving tools and techniques after just one session.**”



Meet RACHEL MAHLOCH

Rachel Mahloch is a highly respected personal safety expert, who is transforming the preventive and healing practices within the wellness industry. Having personally faced violence, Rachel is driven by the belief that all women can develop the mental and physical skills needed to feel secure in their lives.

Rachel's holistic multi-faceted approach draws from her diverse background, encompassing almost three decades in opera, martial arts, and hedge fund environments. This blend, coupled with her practical, results-based coaching style, cultivates a mindset of resilience and confidence in those she guides.



WHY IT MATTERS



WHAT WE DO

Designed to benefit both corporate and individual clients, the program teaches targeted **technical skills** that are applied to **real-life scenarios**.

- Life-saving technical skills
- De-escalation strategies
- Threat assessment skills
- Resilience and confidence
- Practical
- Adaptable to all skill levels

BENEFITS

- Improves situational and self awareness
- Improves physical conditioning
- Energy Outlet & Stress Release
- Increases self-confidence and self-control
- Develops balance and coordination
- Teaches physical and emotional boundary setting

A PROACTIVE APPROACH

The Battle Woman® program stands apart because its philosophy is rooted in the belief that self-defense extends far beyond physical training. We believe that preventing attacks altogether is the most effective approach.

MORE THAN JUST SELF DEFENSE

Investing in personal safety training as a part of your overall wellness program shows that you care about the physical and emotional well-being of your employees. Not only will they feel more secure and empowered, but ongoing training can also **improve morale and increase productivity**.



TESTIMONIALS



RACHEL WAS AN AMAZING SPECIAL GUEST AT OUR FIMC CORPORATE EVENT. SHE WENT ABOVE AND BEYOND TO CONNECT WITH OUR TEAM. UNLIKE OTHER SELF DEFENSE TRAINING, SHE HIGHLIGHTED THE IMPORTANCE OF AWARENESS AND HOW WE CAN TAKE A PROACTIVE APPROACH TO WOMEN'S SAFETY, HER DEDICATION AND IMPACTFUL MESSAGE LEFT A LASTING IMPRESSION.

CARISSA REEDY, FAIRWAY INDEPENDANT MORTGAGE



RACHEL IS AN EXCELLENT TEACHER OF SELF PROTECTION. HER FIRST LESSON IS IN AWARENESS. BY THE END OF THE CLASS YOU WILL HAVE TOOLS YOU CAN USE IN THE EVENT OF AN ATTACK AND YOU WILL HAVE PRACTICED APPLYING THE TOOLS IN A VARIETY OF SITUATIONS.

CARLA LANE, PORCHLIGHT REAL ESTATE



THIS CLASS IS AWESOME!! YOU WILL LEARN PRACTICAL SELF DEFENSE SKILLS THAT YOU CAN USE IN REAL LIFE AND WALK AWAY FEELING EMPOWERED, CONFIDENT. AND YOU WILL BE ABLE TO DE-ESCALATE SITUATIONS AND SET BOUNDARIES TO PREVENT THEM FROM HAPPENING. THIS CLASS HAS IT ALL!

JAMIE TYLER, NORTHWESTERN MUTUAL

as seen on

