



Gavin de Becker's Gift of Fear - Survival Signals That Protect Us from Violence A practical guide to Pre-Incident Indicators aimed at protecting participants from future trauma in both intimate and situational relationships		
OPTION ONE: Once-off short session (1 hour) - Gavin de Becker's Pre-Incident Indicators		
Duration	Description	Fees
1 hr	Brief introduction to discernment in intimate and situational relationships through outline and discussion of pre-incident indicators	R1 250.00
	Travel to and from venue @ R3.00/ km.	<i>To be determined</i>
n/a	Each participant receives their own paperback copy of De Becker's book, 'The Gift of Fear'*. R130 pp.	R130.00 pp
OPTION TWO: Workshop (2.5 days) - The Gift of Fear: Survival Signals That Protect Us from Violence		
Duration	Description	Fees
15 hrs	This is a two and a half day workshop that introduces and explores PINS (Pre-Incident Indicators) aimed at protecting participants from future trauma in both intimate and situational relationships. The workshop is experiential and participative. Maximum of 25 participants.	R7 500.00
	Travel to and from venue @ R3.00/ km.	<i>To be determined</i>
n/a	Each participant receives their own paperback copy of De Becker's book, 'The Gift of Fear'*. R130 pp.	R130.00 pp
n/a	<i>Catering for 3 day workshop including tea/ coffee muffins before morning start; sandwiches and juices for lunch; tea/ coffee & biscuits for during and after workshop. Rate indicated per attendee/ per day. On request only.</i>	<i>R65.00 pp/pd</i>
OPTION THREE: Short-course (8 weeks @ 1.5 hours per week) - The Gift of Fear: Survival Signals That Protect Us from Violence		
Duration	Description	Fees
12 hrs	Short-course sessions are 1.5 hours long and are scheduled once per week, over a period of 8 weeks. Each session includes the introduction of a PIN (Pre-Incident Indicator) as well as the opportunity for experiential learning through role-play. Each session re-visits previously learnt PINS to solidify principles. Participants are invited to share stories and interact. Maximum of 25 participants.	R12 000.00
	Travel to and from venue @ R3.00/ km.	<i>To be determined</i>
n/a	Each participant receives their own paperback copy of De Becker's book, 'The Gift of Fear'*. R130 pp.	R130.00 pp
n/a	<i>This course fee includes tea/ coffee & biscuits for during and after sessions.</i>	

* Books have a 4 week shipment time, so workshops should be booked 5 weeks prior to presentation date to ensure all attendees receive their copies timeously.

