



Ray teaching AUPE participants.

Create a Plan

"Every battle is won, before it's fought."

- Sun Tzu

Awareness

"What you ignore... you empower."

- Unknown

Safely Home Sessions

Kids (6 yrs. to 12 yrs.) - 3 hours, \$59.00 plus GST per person

Teens (13 yrs. to 17 yrs.) - 4 hours, \$69.00 plus GST per person

Adults (18 yrs. +) - 4 Hours, \$99.00 plus GST per person

Waiver forms must be signed by a parent or guardian

Group and Corporate Rates Available

Coordinate a private course for minimum 15 people and YOUR participation fee is FREE! Courses can be customized to meet your specific needs.

Maximum participation for each session will be 25 individuals.

To register for **Safely Home** Personal Safety & Self-Defence Training Program, go online and visit

www.mcphesecurityconsulting.com or contact Ray L. McPhee directly at 403-808-1540 or email at ray@mcphesecurityconsulting.com

Cancellation Policy

Payment due upon registration. Fees non-refundable. MSC Safely Home reserves the right to reschedule programs.



Safely Home

"Ray has been a contractor for my company, training in the role of Lead Facilitator, Co-Lead Facilitator, and Padded Attacker. His responsibilities have been to engage with and lead a class of up to 25 participants in the area of Self-Defence and Personal Safety. He has been part of many classes for young children, teens and adults. Ray has eagerly and enthusiastically taken on various roles showing initiative and creativity with the instruction. Ray adapts quickly and easily to changing pace and participant needs as required. He is able to think on his feet and manage a crowd in an effective and proactive manner. He has been a favourite team member of mine, and I would recommend him for any role that he wishes to take on!"

- Lorna Selig, Calgary



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www.McPheeSecurityConsulting.com

Personal Safety & Self-Defence Training Programs Kids, Teens, Adults

*"Experience, Understanding,
Applied Methodology"*

McPhee Security Consulting Inc.



Ray L. McPhee, CC, CPOI, CPO
President, Principal Consultant

Ray is a security expert and professional consultant with over 27 years of extensive specialized training, education, investigative and operational experience. Originally from Toronto, Ray graduated from Seneca College of Applied Arts and Technology in King City, Ontario with a diploma in Law Enforcement and is completing the Security Management Certificate Program at the University of Calgary. Ray's working environments were often volatile in nature; group homes for troubled teens, WCB, hotels and property management's corporate security in downtown Toronto and Calgary locations. Ray's designation includes Certified Protection Officer Instructor (CPOI), Certified Protection Officer (CPO) and is certified in Security Officer Control Tactics. Ray is an accredited instructor for Alberta's Solicitor General Department teaching the Alberta Basic Security Training and Alberta Professional Investigator Training. Ray conducts threat, risk and physical security assessments; this includes the design, implementing and training team members on security and crime control strategies, life safety and emergency response within the high-rise building community. Additional certificates include U.S. Regional Security Surveillance Detection Level II, Crime Prevention Through Environmental Design (CPTED) Level II.

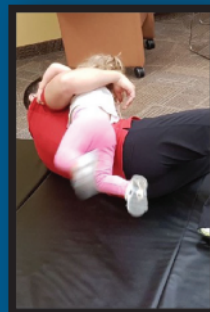
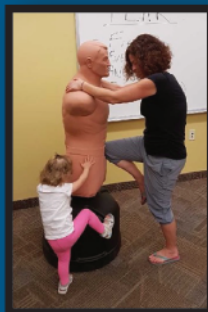
As an accomplished competitive fighter, Ray understands conflict resolution and the tactics to keeping safe; the affects and effectiveness of defensive, offensive strikes delivered in self-defence, at work and for recreational competition. Across Canada, Ray has facilitated personal safety protection training for kids, teens and adults; both public and corporate sectors, including the Calgary police children's safety program MASST, the University of Calgary, Mount Royal University (Safe Walk Programs), elementary and high school institutions, ERBC, airline flight attendants, and individuals working alone - the Victims Assistance Units (RCMP and Calgary Police Services).

Sometimes we only have seconds for an opportunity to escape an attack situation, make sure you and your loved ones know what to do and have the skills to minimize risks and maximize your chances to get away safely. **Safely Home** Personal Safety & Self-Defence Training Programs were developed to meet the needs of all ages. Our loved ones will benefit from these very interactive, informative and highly entertaining training programs in an environment that will be supportive and inspiring. Participants will enjoy realistic scenarios and have a chance to use the tools they have learned while building confidence and enhancing instincts to avoid becoming a victim whenever possible.

Safely Home Personal Safety & Self-Defence Training provides appropriate equipment suitable for participants to practice hand strikes, kicks, punches and a Padded Attacker to simulate various situations. Participation in the physical component of the session is optional and individuals are not obliged to partake but it is greatly encouraged. Individuals learn while observing and continue to support others as they engage the attacker during the scenarios. Verbal de-escalation scenarios are also available.

Skill Sets include:

- **Develop Safety Plans.**
- **Situation conversation.**
- **No, Go, Yell, and Tell!**
- **What do "bad guys" look like?**
- **The Five "D's" of Safety.**
- **F.E.A.R.™ is good!**
- **When home alone.**
- **Strangers, people we don't know can help, learn how.**
- **Dealing with emergency call to 911 Operator.**
- **Mental endurance.**
- **Personal boundaries, inappropriate touching.**
- **Shielding.**
- **Use of Force.**
- **Conflict Management.**
- **How to escape wrist, arm and neck choke holds.**
- **Yelling, kicking, punching and defending themselves while on their back.**
- **Physical and verbal hands-on scenarios will be conducted at the end of each session.**



Ray and his son Michael.

"I have had the pleasure of contracting Ray L. McPhee in the capacity of a professional facilitator since November 2010. The areas of expertise Ray brings to our team: Defensive Tactics, Use of Force, Safely Managing Difficult Clients – Verbal De-escalation, various personal safety programs. Ray has the expertise and skill sets to work with any client base I have contracted him for. He has an uncommon ability to work with young children, teens as well as professional corporate clients."

- Deb deWaal, Calgary

"As a concerned parent, I wanted my daughter to be educated, without fear, on the potential hazards and dangers she could be facing in our society today. I personally observed the program and was amazed at its content and the engagement of these little young minds. The Safely Home training program Ray McPhee has developed teaches children in a practical, fun and easy to understand hands-on manner. The children experience real-life scenarios, and are trained how to react and respond instinctively. Developing and practicing her "Safety Plan" is just one of the safety awareness and self-defence training methods that children will enjoy participating in. Ray has a wonderful way with the children and they respond with great enthusiasm to his facilitation. It is my belief that every child, teen and adult, should experience this informative and interactive safety training."

- Michelle Kieffer, Ontario