



B - Break
R - Repetitive
A - Actions and
V - Violence
E - Ends

Gender Based Violence is a daily occurrence

Whether we want to admit it or not, gender based violence happens on a daily basis in our homes, our communities and our businesses. The COVID pandemic has resulted in a spike in both divorce and GBV stats globally and we can no longer ignore this silent, and often violent killer, and the destruction it causes to individuals and families.

The Brave Workshop aims to educate, drive and support GBV awareness initiatives in the workplace for both victims and perpetrators. When choice and change are managed in a constructive way, sustainable results are sure to follow.

What we cover:

- Awareness of various types of abuse.
- Red flags and toxic environments.
- The foundations of healthy relationships and family dynamics.
- Cultivate a speak up vs shut up culture.
- Support for victims and perpetrators.
- Practical tools and basic support skills.
- Being active citizens in the workplace.

Workshop format:

- Blended learning combining both online and face-to-face formats.
- 4 x 2.5hr modular workshop sessions to ensure sustainability and practical application.
- Interactive and immersive learning.
- Break Thru experiential session.

Who should attend:

- Individuals who have or are experiencing GBV.
- Organisations that want to be proactive and play their part in eradicating GBV.
- Leaders / managers who want to equip themselves to support GBV affected employees.
- Can supplement existing in-house training and development programs.

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