



SECURELIVINGONLINE.COM

# Secure Living Online

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## Personal Safety Trainer Certification Process

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Secure Living Online is a professional organization dedicated to teaching health, awareness, and personal safety to individuals of all ages and abilities. We teach groups directly through seminars and train staff of agencies to offer personal safety programs in their communities. Learn more by contacting us at [SecureLivingOnline.Com](http://SecureLivingOnline.Com) or calling 315-768-1859.

## SecureLivingOnline.Com

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## Board of Directors

Eric Stalloch, CEO  
Clifford C. Crandall, Jr.  
Cheryl Freleigh  
Lynn Jessee

### Dear Program Director:

Secure Living Online can train your staff to offer ongoing programs for awareness and personal safety. Education is the fundamental process by which we prepare individuals to function as effective citizens in our society. Education doesn't stop after graduation. Life-long learning and continued education are essential for any individual who wishes to excel in our culture. Everything our society has accomplished has been made possible through the continued education of its citizens. Therefore, Americans understand that an educational program—one with objectives, instructional methods, organization, and qualified instructors—is the means to uniformly present knowledge to other people.

Secure Living Online offers its knowledge by means of an educational program. It recognizes that uniform presentation of information for all participants is essential to achieve its goals, and its methods and objectives are based on educational principles.

### Consider:

- Education is a process for qualified, certified teachers It is an area of professionalism that understands its community, the state's laws, and the methods that will reach participants in a learning atmosphere.
- You can meet the growing concerns regarding personal safety for men and women of all ages. You can provide a program which meets the need for awareness and personal safety in a constantly changing world.
- You can meet the growing needs of men and women of all ages regarding personal physical fitness, health, flexibility, and balance. This is accomplished through an organized exercise program utilizing athletic resistance bands.
- You can meet the needs of individuals' desire to stimulate their brains and stay mentally active and involved in life. This is made possible through regular participation in an organized program which engage the mind in learning new knowledge and skills.
- You can meet the needs of men and women of all ages through qualified and certified staff within your own agency. Secure Living Online will certify your staff. Secure Living Online is internationally recognized for educational instruction in health, awareness, and personal safety.

Ultimately, you can offer this program within your own facility or community, and taught by your own staff. Whether you are a hospital, community center, retirement home, corporate office, YMCA/YWCA, veteran's organization, or other agency concerned about its staff, employees or patrons, you can now make all of these benefits available.

This informational packet will answer many of your questions, but the needs of every agency differ. Please do not hesitate to contact us with any questions. We look forward to speaking with you.

Sincerely,

Clifford C. Crandall, Jr. and Eric Stalloch  
Co-founders, Secure Living Online

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## Educational Presentation

### When Secure Living Online Teaches Your Staff to Certify them as Program Instructors:

**Introduction:** Secure Living Online is a professional organization whose personal safety programs continue to expand. Secure Living Online’s staff offers seminars and staff training. Staff training allows your staff to become certified to teach and offer Secure Living Online programs at your facility. These programs can be tailored to meet your organization’s and clients’ needs.

**The Primary Purpose** of the Secure Living Online Certification Program is to bring a level of competence, educational skill, proper use of instructional terminology, and a keen awareness of safety to individuals who complete this program so they can represent Secure Living Online in a specific program area. This certification allows the individual to teach this program to small and large groups as often as they wish during their two-year certification time. It does not allow them to promote or raise anyone else to the level of Secure Living Online program trainer.

**Duration:** 2-hour training seminar. Re-certification every two-years by seminar (information below).

**Instructors:** A certified Secure Living Online instructors will teach the program. The instructors may be assisted by one or more Secure Living Online staff members or instructors for the certification area.

**Goals:** The following are some of the primary objectives for this program.

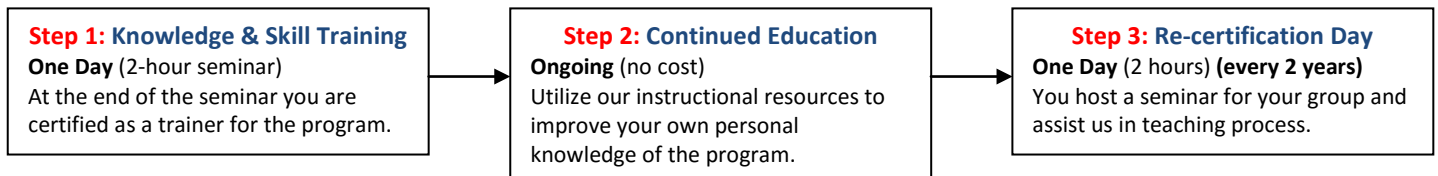
Short Term Goals	Long Term Goals
<ul style="list-style-type: none"> <li>• Understanding of safety in regards to performing the techniques to prevent injury.</li> <li>• Personal skill in regards to fundamental personal safety and exercise skills.</li> <li>• Knowledge of instructional delivery including terminology, adaptive techniques, and general presentation of a personal safety program to others.</li> <li>• Understand of the Secure Living Online organization for the purpose of explaining your program to your community.</li> </ul>	<ul style="list-style-type: none"> <li>• Certification of individuals who will be able to independently offer this specialty program for members of your organization.</li> <li>• Meet the needs, objectives, goals, and mission statements of agencies for whom the staff works.</li> </ul>

**Certification Process and Presentation Outline:** The following section provides details regarding the steps of the certification process.



### **Making Quality Personal Safety Instruction Accessible for Everyone**

Secure Living Online's Board of Directors can train and certify your staff to offer one of our programs, allowing you to make its benefits available to your members on an ongoing regular basis. Our programs are specifically designed to improve the self-confidence, balance, flexibility, and strength of men and women of all ages. Examples of our programs include: the Women's Personal Safety course, the Moving Beyond Disabilities program, Cane-Fu, Active Seniors classes, Child Abduction Prevention Education, Anti-Bully curriculum, and more. **These programs can be taught by your professional staff at your own facility.** Your staff members will become certified program trainers.



### **Staff Certification Process**

#### **Step 1: Knowledge and Skill Training**

Members of your staff travel to our training center in Central New York (arrangements can be made for us to travel to your facility, as well). The seminar is two-hours with a short break after the first hour. The seminar's primary objective is to teach the fundamental personal safety techniques of the specific program. Basic terminology and concepts particular to the program are introduced. It also addresses how the program may be structured to meet your facility's needs. Your staff leaves certified as trainers (good for 2-years).

#### **Step 2: Continued Education / Implementation**

As a certified trainer, you may now implement your program. During the next two years, we recommend that you use our instructional books and DVDs to further your own personal knowledge and skills. This will enhance your ability to meet the ongoing needs of your program's participants. If you wish for us to come and teach a seminar for your group, or to provide additional training for you, additional fees apply. However, this is not required.

#### **Step 3: Re-Certification, Additional Professional Development, and Support**

Certification renewal is done once every two years in a single day. This is done by hosting a 90-minute seminar for your group, which we will teach and you will assist. This allows you to see us model best practices, and for us to observe how you present the knowledge. Following the seminar, we will spend an additional 30 minutes reviewing material with you. At the end of this day, you are re-certified for an additional two years.

### **Staff Certification Process: General Outline**

#### **Option 1: Your staff travels to our educational training center**

\$50.00 per participant – initial certification (one day – two hour seminar). Maximum of 16 participants. Supplemental instructional materials may be purchased separately.

**Recertification:** Regular seminar fee to teach your group + \$25 per staff member re-certification fee.

#### **Option 2: Our staff travels to your facility**

\$250 base seminar fee + \$50 per participant (one day—two hour seminar). Maximum of 16 participants. Travel expenses: \$0.25 per mile.

Depending on distance, hotel or flight accommodations may be necessary (contact us to discuss).