



*Helping women and girls
feel Safe, Resilient and
Empowered*

EMPOWERED COMMUNITIES

*A community approach to
reducing gender-based
violence*

Become an ESD+ Facilitator to help reduce
violence against women and improve mental health and
resilience in your region.

 0480 183 414

 www.empoweredtoday.org.au

empowered
today

THE TRAINING

Our ESD+ Facilitator Training is the perfect pathway for those wanting to service their students, clients or community with Empowerment, Resilience & Violence Prevention programs.

The training consists of an online learning module followed by a 4-day in-person training program that empowers its participants with the knowledge, content and skills to teach ESD+ programs.

It is a powerful and bonding experience for all graduates as they learn, in an embodied way, how to put into practice the same life skills they will be teaching to others.

THE CURRICULUM



EMPOWERMENT



RESILIENCE



SAFETY

Our ESD+ curriculum offers a trauma-informed, holistic life skills program that combines two evidence-based systems, Empowerment Self Defence (ESD) and Mindfulness-Based Stress Management (MBSM).

ESD+ provides participants with a practical toolkit of mental, emotional and physical skills for navigating a range of challenging or threatening situations anywhere along the stress and violence spectrums.

Through a combination of communication and respectful relationship education, awareness skills, mindfulness techniques and physical self-defence strategies, participants learn to feel safer and more confident in facing life's challenges.

VERSATILE AND ADAPTABLE

The curriculum is modular and versatile. This means programs can be easily tailored to best serve your participants' needs and intended outcomes. Facilitators can choose particular principles or topics to include (or emphasise) and content can be adapted to suit specific audiences.

With 20+ hours of flexible modules, you will have the ability to offer programs ranging anywhere from a 1-hour introduction class up to full-day workshops or a 10-week school-term program. Programs can be standalone or integrated into existing programs.

ESD+ FACILITATOR TRAINING CURRICULUM



MENTAL



EMOTIONAL



PHYSICAL

MODULE 1: Emotional safety

MODULE 2: The history & principles of Empowerment Self Defence

MODULE 3: Neuroscience/Psychology: Understanding Stress, Fear & Violence

MODULE 4: Mindfulness-Based Stress Management

MODULE 5: State regulation - Centring & Breathing techniques

MODULE 6: Principle: THINK (Assessing a situation/Risk assessment, Awareness (Internal & External), Intuition, Tactical thinking, Options/Choices)

MODULE 7: Principle: YELL (Connecting with & using your voice, Verbal/Nonverbal communication, Respectful relationships, Consent, Boundary setting, Assertiveness, De-escalation)

MODULE 8: Principle: RUN (Removing yourself from a situation safely, Moving towards safety, Distract/Evade/Escape strategies, Using your surroundings: people, exits, objects, tools/weapons)

MODULE 9: Principle: FIGHT (Fighting spirit, Self-worth & resilience, Basic strikes, Teaching with targets)

MODULE 10: Aikido & physical self defence principles

MODULE 11: Soft Physical Skills (non-violent)

MODULE 12: Releases from Grabs & Holds (Wrist grabs, Hair grabs)

MODULE 13: Strangle releases & rear attacks

MODULE 14: Physical skills review

MODULE 15: Principle: HEAL (Ways to heal, Sharing for healing, Survivor advocacy & support, Responding to disclosure, Choosing to report)

MODULE 16: Self-Care for facilitators & participants

ONLINE MODULE 17: Working with Teens: Porn, Safe Partying

ONLINE MODULE 18: Myth Busting Common Safety Advice

ONLINE MODULE 19: Facilitating With a Trauma-Informed Lens

ONLINE MODULE 20: Teaching pedagogy, Principles & Practice

WHO IS THE TRAINING FOR?

This training is for people that are passionate about, and committed to, Empowering women, Reducing gender-based violence and Improving mental health and resilience in their community.

This could be an individual woman from the community or a representative from a community organisation. We love to partner with any organisations who align with our vision, particularly those servicing at-risk or vulnerable populations.

WHEN & WHERE

Upcoming Facilitator Training for the Cowra region:

WHEN: Wed 13th - Sat 16th May, 2026 (9.00am - 5.15pm)

WHERE: Club Cowra - 101 Brisbane Street, Cowra, NSW

INVESTMENT

Thanks to our generous sponsors - Club Cowra and Cowra Information & Neighbourhood Centre - we are able to waive the \$3000 training fee so the only investment is your time and commitment to giving back to the community through ESD+ workshops (min. 20hrs).



WHY ESD+?

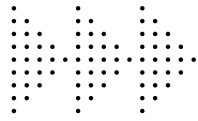
Research shows that women that have taken an ESD+ course are better able to prevent, resist and interrupt violence - reducing the risk of sexual assault by 46% and attempted sexual assault by 63% - while also helping them to feel more empowered, confident and capable, increasing their self-esteem and self-advocacy.

Feedback surveys from our participants show that, after completing an ESD+ workshop::

- 92.9% felt Safer
- 94.8% felt more Resilient
- 96.5% felt more Empowered

Research also strongly supports the positive impact of mindfulness on both mental and physical health as well as increased resilience.

ABOUT US



We are a not-for-profit organisation based in NSW, committed to helping women and girls become Safe, Resilient and Empowered.

OUR VISION

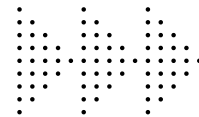
That every Australian has a toolkit of emotional, mental & physical skills in order to feel safe, resilient and empowered in any situation.

OUR MISSION

To ensure every community in Australia has access to ESD+ training.

Our nationwide initiative called "Empowered Communities" will provide Facilitator Training to community members and organisations all over Australia to help us reach this goal.

MEET THE TEAM



LISA EVANS

President - Co-Founder - Facilitator - Curriculum Writer

Lisa has over 20 years of teaching experience and is one of only two fully certified ESD Global trainers in Australia. She is a 1st degree black belt in both Aikido and Goshindo and a qualified relaxation and stress management consultant. She is passionate about the transformation that happens when women receive ESD+ training.



MARK EVANS

Co-Founder - Facilitator - Research & Tech Wiz

Mark has been doing martial arts for over 30 years, is a 6th degree black belt in Aikido, a 2nd degree black belt in Goshindo and has been running dojos and teaching self defence for the last 17 years. He has over 20 years of group facilitation experience and his goal is to affect positive change in people's lives by providing training that empowers those at risk of sexual violence.

WHY EMPOWERED TODAY?

- Empowered Today is breaking new ground in Australia by offering a unique approach to addressing gender-based violence. ESD+ is a new paradigm in female self defence in Australia, offering an evidence-based program with a proven track record.
- Empowered Today's lead facilitator is one of only two women in Australia to be certified by ESD Global as a Level 4 (train-the-trainer level) instructor.
- We have been delivering workshops and programs since 2019 and are the only organisation in Australia to offer ESD+ Facilitator Training.



What Lisa and Mark are doing together is actualising change within our society. I'm convinced they will change and save lives with the impact of this work and the societal change it challenges.

I believe this could be game-changing for communities across Australia.

An empowered girl or woman doesn't just change her life for the better but can have far reaching impacts on her children, family, community and eventually the world.

I loved the depth of knowledge, authenticity and the passion from the facilitators. Their absolute dedication to empowering women both mentally and physically so that we see a change to statistics of sexual assault in our communities.

- Facilitator Training Graduates



APPLY NOW!

To ensure physical and emotional safety, we will be accepting up to 20 applicants. Fill in the online Application form found at <https://www.empoweredtoday.org.au/facilitator-training-application-form> or scan the QR code below...

