

**Welcome to**

# **The SHEROES PROJECT**



*A series of workshops for women offered by the Greater Manchester Chamber of Commerce. These workshops will contain critical, potentially life-saving information, presented by leaders in their fields. The skills, techniques and training you will receive will not only empower you, but you will walk away confident that you are **IN POWER** after each workshop. We are building our SHERO Squad one woman at a time!*



Presented by: **Bully Breed Training**

through a collaborative opportunity with

**The Greater Manchester Chamber of Commerce**

Presents:

**“Trusting your Gut”**

**Don't Rationalize!**

# **Presenter: Stephen Estes**

**Owner: Bully Breed Training**

**Police Officer 27 + years**

**Retired as Lt. from West Hartford PD**

**Currently work in small rural PD as patrol officer**

**Police Firearms Instructor**

**SWAT Team**

**SWAT Training Sergeant**

**Senior Cadre at Police Academy**

**Teach for 2 large well known defense contractors**

**Teach the Federal Flight Deck Officer Program to arm pilots  
on civilian commercial aircraft.**

**Teach for International Association of Law Enforcement**

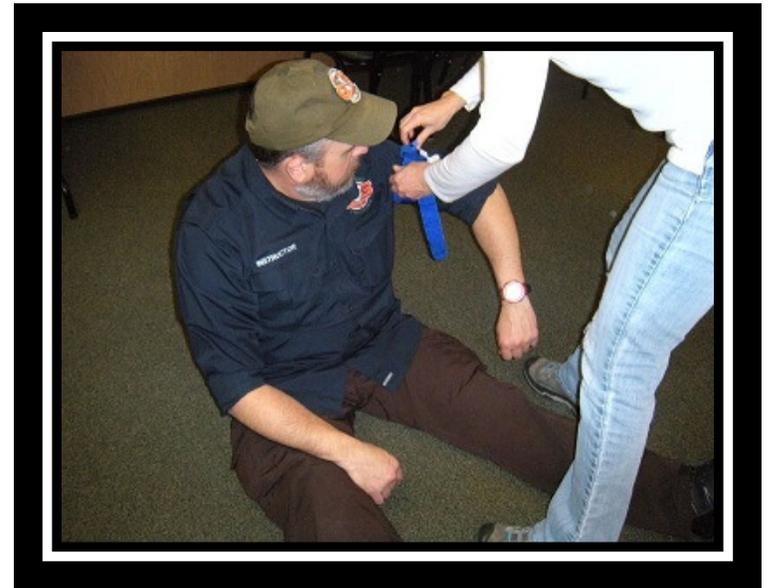
**Firearms Instructors as Master Instructor**

**EMT graduate**

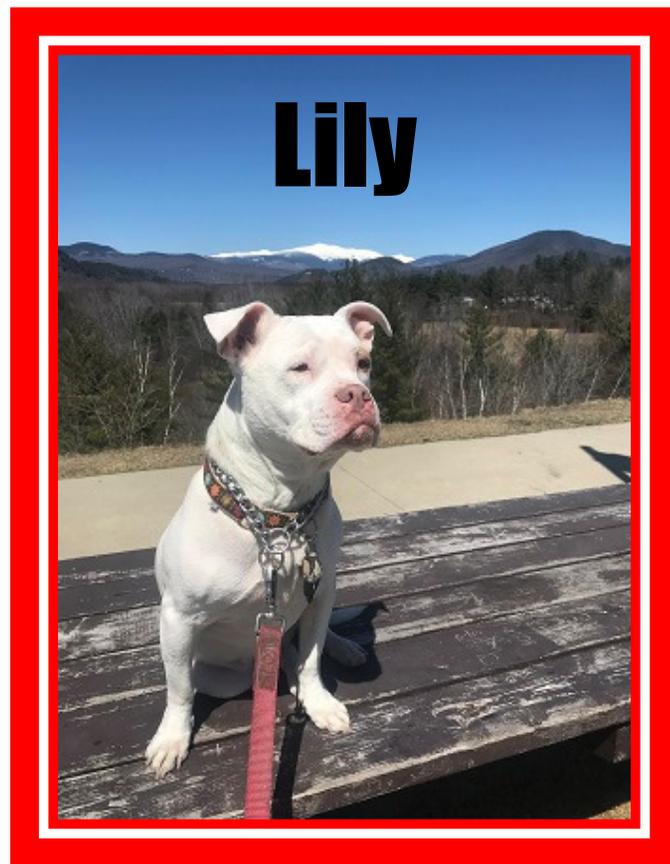
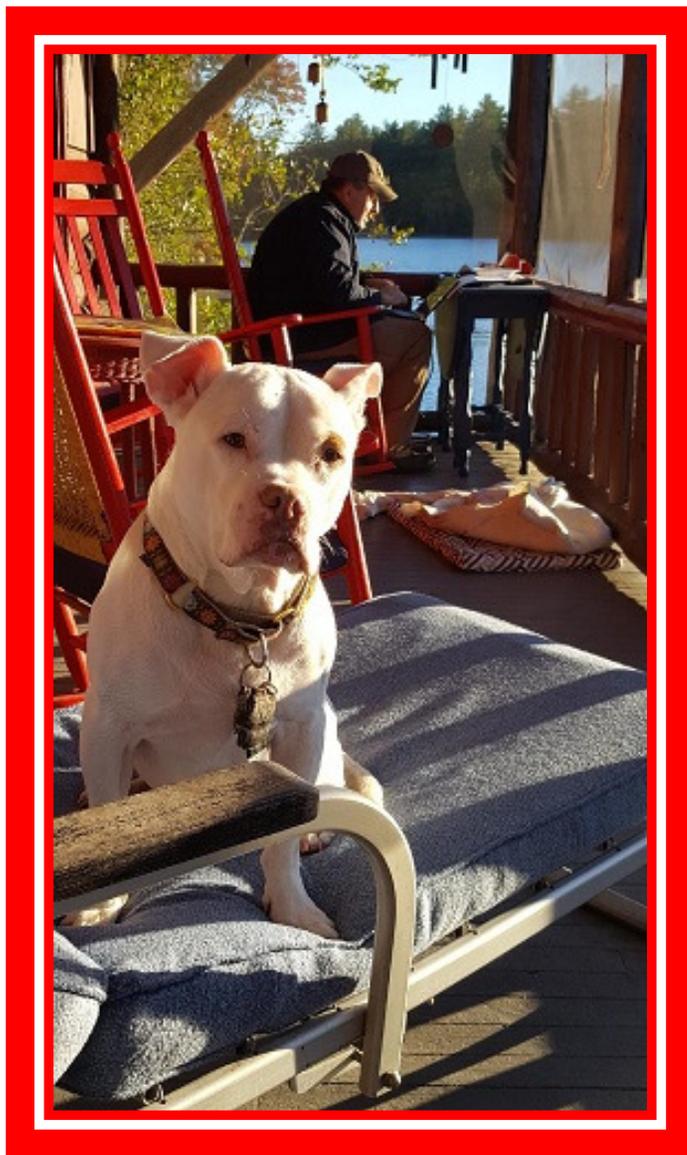
**Wilderness First Responder**

**Instructor for West Hartford PD Tactical Protective Medicine**

**Branch, teaching TECC, and TCCC**



# Loyal Assistant/Helper:



# Security Areas of Concern

1. Trust your gut. When the hair on the back of your neck stands up, pay attention.
2. Do not rationalize away observations, behaviors or situations.
3. Do not worry about perceptions, or traditional expectations of behavior.



4. Keep your head on a swivel.
5. Watch your phone usage.
6. Texting in public, head down.
7. Family plan to get out of kill zone.



# Date rape drugs: Rohypnol, GHB, Ketamine, Powdered alcohol, Palcohol



8. Alcohol consumption—Drinking too much. Letting your drink out of your sight.—Don't accept a drink from someone, unless you can watch it from the bartender directly to you. Take your drink with you, even to the bathroom. Open all containers yourself. If you leave your drink unattended (dancing, bathroom, buffet etc.), pour it out.

# CCW/EDC weapons?

Telephone description game.

Weapons of opportunity.

Rally point

9. Parking garages: When getting off the elevator always survey scene. Use back windows and mirrors of other vehicles to your advantage.

- Leaving purses on backs of chairs in restaurants or in shopping carts and walking away.
- Craigslist etc., sales in public places.

# Vehicles / Driving

1. Do not leave purse visible on seat, driving or parked.
2. Lock doors even while getting gas.
3. Make sure phone is always charged.



4. Back into parking spaces, or drive through to face out.

5. Learn to change a front and rear tire in every vehicle you own. Practice in your driveway. Know where all of the equipment is located and know where the lift points are.

AAA might be a while.



6. Equip your vehicle to be able to stay in it at least one night below zero. Have quality headlamps and flashlights.

In traffic, or at a stoplight do not pull up too close to the car in front. Always leave a way out. If you can see the spot where the rear tires of the car in front of you touch the road, you can get by.

School bumper stickers, stick figure families.

Predators & traffickers.



# Equipment / Training

1. Shooting/ CCW / EDC equipment and training.

Dene Adams, Gun Goddess, Well Armed Woman.

2. Body shape, clothing styles, off body carry.

Permit class provides just enough training to get over your head.

Think Lamborghini.

Women on Target.



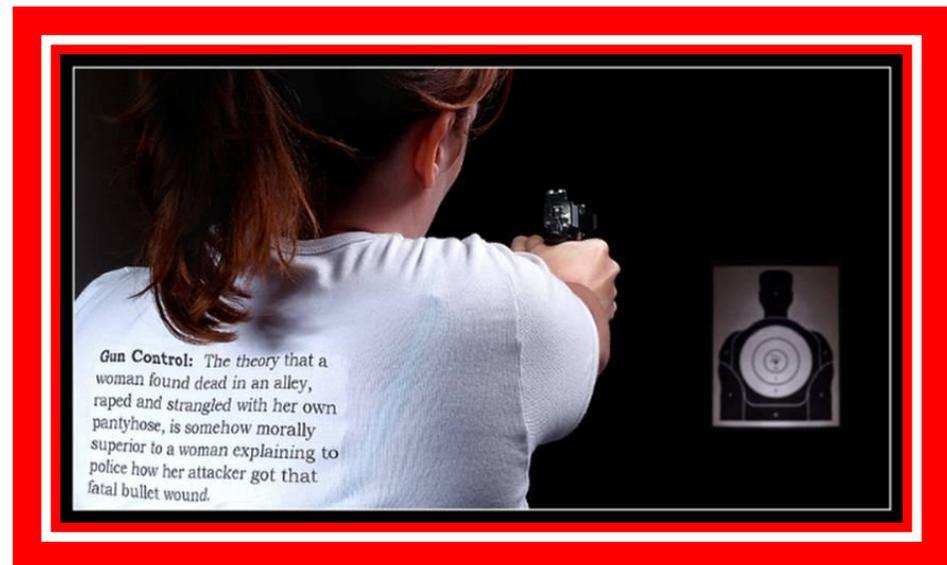
5. Martial arts, hand-to-hand, pepper spray,  
hand weapons/ tools.

Weapons of opportunity.

Body armor, backpack armor. Redemption Armor.

Big dog /big gun theory.

6. CCW / EDC learn to TRAIN. Compete, take advanced  
classes. Clean your guns.



## Miscellaneous Ramblings

1. If you had to walk home from wherever you are, could you? Clothing, equipment.
2. Dress practically to and from, dress nice there.
3. Helping others: CPR, First Aid, TECC/TEAM, Rescue, SOLO WFA, WFR. Skill sets are empowering.
4. Volunteer EMT, Firefighter.



5. Career change.

6. Creature of habit. Leaving from a different exit than you entered. Station Night Club Fire.

Driving a different route home. Learn various routes.

7. Be proud of you. Don't let societal pop culture dictate how you look, act.

Work out, exercise to perform and be healthy, not look a certain way.



8. Human trafficking

9. InCel movement. UC Santa Barbara Elliot Roger, Florida

Yoga Studio shooting and bank shooting, Toronto van attack.

Inside Incel Ideology

A scary look Inside the Incel Community

