



TRA Workshops present:

# WORKSHOPS

## URBAN NAVIGATION - TRM IN THE CITY

1 one day in person, interactive workshop with TRA Mentor Nathan Coe

### About this Course:

Are you prepared to thrive in an urban environment during a crisis? The urban travel risk workshop offers a comprehensive solution for individuals and groups looking to enhance their safety and operational effectiveness in urban settings. This one-day immersive workshop provides essential knowledge and practical skills to navigate and manage urban challenges confidently.

### Who is it for:

Employees, travellers, individuals, budget holders, department heads, who would like to learn how to keep themselves and others safe.

**Duration:** 6 hours including 1 hour lunch and networking

**Delivery method:** In person

### Interactive Scenarios and Practical Exercises:

- **Real-World Simulations:** Test your skills in immersive urban crisis scenarios.
- **Team Planning Exercises:** Develop and present emergency plans, gaining valuable insights.
- **Hands-On Training:** Engage in practical exercises to reinforce key concepts and prepare for real-world challenges.

### Delivery Method:

This Workshop is designed to prepare you to operate and travel safely in urban environments and maintain confidence during crises. The program is delivered in an immersive classroom setting, encouraging collaborative learning and practical application.

### Workshop Highlights:

- **Can You Master Stress Management?** Discover how to stay calm and resilient under pressure.
- **Are You Confident in Your Travel Safety?** Learn strategies to ensure your safety from departure to destination.
- **Do You Know How to Navigate Urban Landscapes?** Uncover secrets to understanding and using urban environments to your advantage.
- **Are You Prepared for Emergencies?** Develop proactive plans to ensure your safety in unexpected situations.
- **Can You Find Your Way Without Traditional Tools?** Master techniques to navigate without relying on maps or GPS.
- **Can You Blend into a Crowd?** Learn how to avoid unwanted attention and be the grey one.
- **Do You Know How to Protect Yourself?** Equip yourself with techniques to ensure personal safety and information security.

### Join Us for an Exclusive Workshop:

- Develop Urban Travel Skills
- Enhance Personal Security
- Improve Situational Awareness

### Contact Us:

**For more information or to register, please contact us at:**

- **Email:** [enquiries@travelriskacademy.com](mailto:enquiries@travelriskacademy.com)

TRA Workshops: Equip Yourself. Navigate with Confidence.

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