

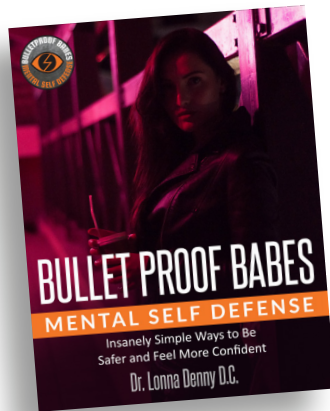


DR. LONNA DENNY

SPEAKER BIO

Lecturer; Dr. Lonna Denny, Is a self defense and martial arts enthusiast and the Founder of Bullet Proof Babes LLC. She is the producer and author of the best selling video series "7 Insanely Easy Ways to Be Safer and Feel More Confident". Her passion in life is to give women a new awareness in mental self defense so they have more confidence, have better boundaries, and can spot dangerous people and situations so they never fall victim to predators.

BULLET PROOF BABES



MENTAL SELF DEFENSE

"7 Insanely Simple Ways to Be Safer and Feel More Confident"

Do you think you have to spend years learning martial arts in order to avoid an attack? You don't! Some of the most effective steps you can take to stay safe don't involve a fight at all. Your mind can get you out of danger better than your fists. Being armed with knowledge and a plan can keep you safe and from having to be afraid. This lecture will:

- Teach You How to Avoid Danger
- Discover How to Control and Shape How Other's See You
- Learn How to Spot When Someone is Testing Your Boundaries
- Develop Skills to Successfully Deal with Confrontation

TESTIMONIALS

"As Assistant District Director for the U.S. Department of Labor's Wage and Hour Division., I have had the privilege to participate in and be a part of the Dr. Denny's presentations. They are educational, insightful, and full of excitement. They make one think about ones physical, emotional, and psychological well-being and how to be the best you can be in all of those areas." Thank you Dr. Denny for all that you offer."

- **Celeste Hale, Assistant Director for the U.S. Dept. of Labor Wage and Hour Division.**

"What a fantastic way to finish off the week! Thanks Lonna. Your seminar was relevant, engaging and presented in a way that made it accessible (and fun) for everyone in the room. I really appreciated how you addressed strategies for dealing with difficult people, how to de-escalate a potential conflict and how to be safer when we are out in the world. Plus, you encouraged participation which helps the message land in a deeper way than lecture form. Thank you."

-**Laura Chalfant, Back First Development Director**

"I have had the opportunity to attend dozens of lectures and classes on this subject. This material is accurate, easy to use, and presented in a manner that anyone can understand it. Anybody who watches this lecture will significantly reduce their chances of ever being a victim of crime. This is definitely something the bad guys don't want you to see."

- **Barny Foland, Black Belt in Krav Maga, U.S.M.C. ret.**

To inquire about having a lecture for your group please contact us at

[HTTPS://WWW.BULLETPROOFBABES.NET/CONTACT/](https://www.bulletproofbabes.net/contact/)