

BE SAFE NOT SORRY – *A dynamic presentation on personal safety*

In one dynamic session, learn how to handle the ultimate “what if”. Debra deWaal, a former Calgary Police Officer, will share her experiences in an informative, high energy and humorous way. Learn what types of crime are occurring in our society and how to safely prevent and manage any potentially dangerous situation. This session will give you the mental and physical tools to be in control of any verbal or physical conflict.



DEBRA deWAAL

Debra deWaal is a former Calgary Police Officer and is now the owner of Safe & Sound Safety Training & Consulting Ltd. Debra’s 10 year career with CPS included 3 years undercover work in auto theft, stolen property and vice. Debra also spent numerous years working on the street as a uniformed officer.

Debra is a professional member of Canadian Association of Professional Speakers and has been developing and facilitating Mental Toughness, Personal Safety and Conflict Management Training to Canadian citizens since 1995.

