

# What is Mindset Self-Defense?



***Mindset Self-Defense is an ATTITUDE of mind, body, soul and skill providing a complete approach of awareness, safety and personal protection to women.***



## The Mindset Magazine

Beauty, nutrition, inspirational women, personal protection options and legal concerns are just a few of the topics the MSSD Magazine addresses furthering the well-being of women. Subscribe digitally, or order hard copies for your library.



## The Mindset Workshops

Mindset offers workshops in personal protection for women and teens, workplace safety, situational awareness and array of other safety, preparedness and protection presentations. Visit our workshop pages on line for more information.



## The Mindset Products

Inspired and designed with a feminine flair, Mindset personal protection products are hand picked and personally tested to be a cut above in practicality and functionality. Shop our Signature Series, and we donate proceeds to The Leukemia & Lymphoma Society to advance cures for blood cancer.

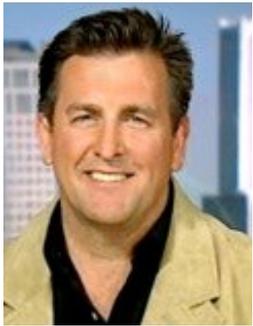
# The Mindset Team



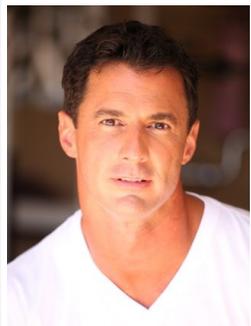
Kris Costa  
Founder



Jill Roth  
Martial Arts Consultant



Tim Ralston  
Preparedness  
Expert/Instructor



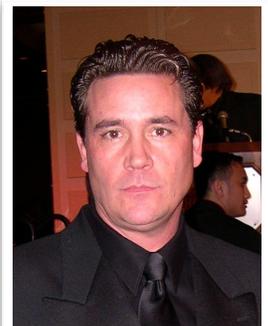
David Bravo  
Personal Protection  
Expert/Instructor



Magnus Eriksson  
Criminal Defense Trial  
Attorney/Columnist



Dianne Bailey  
Body Conditioning  
Expert/Instructor



Dan Ronin  
Blade  
Expert/Instructor

***Our skilled core of instructors and writers hail from diverse backgrounds, are professionals in their fields, highly driven and engaged to your well-being!***



Sensei D'Antonoli  
8th Degree Black Belt  
MA Expert/Instructor



Alexandra Costa  
Columnist  
Teen Mindset



Micha Wilhoite  
Mindset  
Travel Writer



Andre Aronica  
Beauty Consultant  
Dre's Hair Salon



Marie Bernat  
Holistic Consultant  
Scottsdale Holistic  
Massage & Spa

# Mindset Women's Empowerment Workshops



***Designed to meet the needs of women of all ages and abilities because there is a protection method for everyone!***



## Women's Self-Defense Workshop

Real life scenarios, real life solutions are packed into this 4 hour intensive workshop. Beginners welcome!

## Girls On Guard Student Defense

Boundary recognition and enforcement, situational awareness, avoidance and drills in common scenarios young women would most likely encounter. Ages 14+



## Realtor Safety Workshop/Series

Industry specific scenarios, office policy, open house, automobile safety, meeting clients, showing homes, use of paraphernalia, and more.

## Knife & Blade Workshops

Blade basics including knife carry, deployment, care, protective posturing, defense tactics, combative techniques, and more.

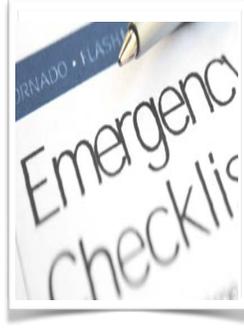


## Emergency Preparedness

Rotating workshops including prep for college, vehicle, camping, weather, seasonal, home, fire and related conditions where an ounce of prevention is worth a pound of cure!

## CPR/AED Certification

Perfect for babysitters, caretakers, lifeguards, office co-workers, families, AHA Certification issued upon successful completion of course.



# Mindset Self-Defense Magazine

*Knowledge is power!  
Know your rights!  
Stay in the know!*



Subscribe digitally for 6 Issues/year straight to your inbox or order hard copies for your library!



*Protection products, safety items, signature items, books and much more designed specifically for women!*

## Mindset Safety Store



9332 E. Raintree Drive  
Scottsdale, AZ 85260  
480-767-3710  
www.mindsetselfdefense.com