



ENABLING YOU TO TAKE OWNERSHIP OF YOUR PERSONAL SAFETY

Learn to observe & assess and your surroundings

Handle dangerous situations by making better decisions

Learn vital skills & knowledge

Build confidence and resilience

**'Real world' courses relevant to work and family life.
Designed by experts - easy to learn, interactive, safe
& immersive.**

Equipping individuals with a protective mindset.



About us

With extensive specialist operational and training experience within law enforcement and the private security industry, the Saturn team are experts in the field of situational awareness & personal safety - having delivered consultation and training solutions throughout their careers for a range of clients across the public and private sectors, including City Councils, independent educational establishments, high-net-worth individuals, corporations and global organisations.



Meet The Partners



Simon Clarke

Simon served with Essex Police, the majority within the Specialist Operations Department and Tactical Firearms Unit. Trained in overt and covert armed policing, surveillance, close protection and counter terrorism. Experienced in specialist unarmed combat tactics and numerous martial arts, Simon is a Btec level 3 accredited self defence instructor. SIA accredited, Simon currently works within the private security sector as a Behavioural Detection operative as well as providing close protection services for a range of clients including A list celebrities and sporting franchises.



Lea Westby

Lea served with Essex Police. His expertise was recognised and utilised early in his career where he led a proactive team undertaking operations and taskings in relation to public order policing, public protection during night time economy and tackling violent & acquisitive street crime. Lea spent several years as part of a specialist team tasked with investigation and disruption of County Line drug gangs. As a trainer, Lea is a 4th Dan martial arts instructor and former Police defensive skills instructor. He is also a Btec level 3 accredited self defence instructor.



Andy Bareham

Andy served a diverse career with Essex Police. Early years within a proactive street crime team before moving into armed policing at an international airport, undertaking anti-terrorism and core policing duties & operations. As a Detective, Andy spent many years in both serious crime investigation and as a covert intelligence operative. Andy is a former Police defensive skills instructor and within the commercial sector, has previously delivered disruptive passenger training for international airlines. Andy currently consults for a leading UK Hostile Behaviour Detection Training provider for Police, Border forces, Military Units and commercial security teams.

Why, what and how we do it

WHY

Saturn Protective Solutions LLP was formed when the founding partners received requests from a variety of organisations to provide specialist training and consultation to keep their members/students/staff safe from violent, sexual and acquisitive criminality.

Ongoing research and consultation has highlighted:

- **'High harm' violent crime is genuinely increasing**
- **Most people lack knowledge and preparation with regards to personal safety.**
- **This is an international issue**

We are very passionate about helping people to stay safe, drawing upon our vast experience to develop high quality training that is balanced and relevant to our clients needs

Simon Clarke
Managing Partner

WHAT

We take a "real world" holistic approach to personal safety, relevant to our clients needs - our unique training covers:

- **Self awareness - understanding the physiological and psychological responses to threat and fear and how it affects us.**
- **Situational awareness – covering vital skills in order to observe, evaluate and avoid danger in a balanced and timely fashion.**
- **Physical defensive syllabus – Highly effective, realistic, relevant and 'no nonsense'. Utilising gross motor skills - easily learned, easily retained, and easily recalled.**

HOW

- **We design our courses to be easy to learn, interactive, safe & immersive**
- **We use relatable material that provokes interest and discussion.**
- **Our physical defensive syllabus is delivered in a safe progressive format.**



Our Courses

Interactive, Immersive & Fun

Demystifying & relatable, provoking interest and discussion

Adaptable for female and male groups

12hr Personal Safety

Ideal for...

- All company/organisational employees
- Individuals of High Net Worth
- Public figures
- Politicians - local/county/national

Key benefits...

- Prevention of violent & acquisitive crime
- Staff welfare & enrichment
- Development of protective mindset

Course Content:

Duration... 12hr (2 day), If staff availability for two days is an issue, this course can be delivered over two separate dates.

Description...

Comprehensive & interactive, this course is designed to instil & develop self-protective skills and mindset commensurate with the risks encountered throughout their work and personal lives. The package can be tailored and/or compressed to meet specific client needs and covers:

- Self assessment of current mindset
- Awareness of psychological and physiological responses to threat
- Application of Proactive & reactive principles and procedures
- Awareness training (self & situational) – understanding the concept of and barriers to effective observation as well as the application of systems to ensure the appropriate evaluation and response to threat.
- Self protection principles and systems for a range of environments, including vehicles & parking, public transport, hotels, street/public spaces.
- Awareness of current tactics employed by criminals and predators (relevant to client)
- Measures to prevent Asset loss.
- Physical defence system techniques and immersive scenario session.

4hr 'Street Safe' Personal Safety

Ideal for...

- Groups, clubs & organisations
- Regular commuters
- Employees working in public spaces

Key benefits...

- Enhanced levels of awareness (self & situational)
- Development of a protective mindset
- Preventing violent & acquisitive crime

Course Content:

Duration... 4hrs. Can be delivered weekdays, weekends and evenings.

Description...

Designed for groups where time is of the essence, the Street Safe course focusses on the easy to learn principles and systems relevant to staying safe in public spaces. These intensive sessions cover:

- Personal Safety principles and systems for street/public spaces, developing the protective mindset.
- Awareness of psychological and physiological responses to threat
- Physical defence system techniques

2hr Situational Awareness seminar

An interactive delivery, designed to provoke discussion, covering:

- Self protective principles & strategies
- Easy to apply visual threat recognition, evaluation and avoidance systems
- Self awareness – the physical & psychological impact of threat and conflict
- Advice and guidelines for relevant situations/subjects