

RESILIENCE - BE READY

An introduction to situational awareness and things going wrong

INTRO

The world is a hostile place.

Thinking that “*it will never happen to me*” is a recipe for disaster.

Being aware and knowing
what to do when things go
wrong must be something
everyone understands.

It's all about having a more
proactive and preemptive
mindset.

SITUATIONAL AWARENESS

It's paying attention to what's
going on in your immediate
surroundings, close and far...

Observing and assessing potential threats...

And taking action when
needed.

You are looking for anything suspicious. Something that doesn't belong or doesn't feel right.

How do we do this?

We break awareness into two areas: general location and immediate surroundings.

General location: is where you are, e.g. city, country, etc.

It dictates how you move and
the level of awareness you
need.

Immediate surroundings:
what's happening around you,
close and far.

It helps detect what has the greatest likelihood of causing you harm due to its proximity.

Both location and immediate surroundings have a dynamic and static component.

Static are the parts that don't move and can provide cover and concealment if needed.

Dynamic changes all the time
and that's where things
generally happen.

Understand the location, know
the static environment you are
in, and monitor the dynamic
world around you.

Focus on people and what
they are doing.

Look at each person and
notice their demeanor.

Build a mental map of how
they made you feel.

If something didn't feel right,
immediately leave.

Things to remember:

Remove your earphones and
do not look at your phone.
Move your head around.

Acknowledge any person
looking at you with a nod
down.

If something doesn't feel right,
find your way out.

BECOMING INVISIBLE

The best way to mitigate the risk of harm is to remove what causes you to be a target.

First, learn before you go.
Research the place. Research
the environment.

If you don't know what can go wrong, and what to do before you go out of the door, you've already lost.

Then, focus on personal awareness: what you project out for all to see and your demeanor.

This will help reduce your signature and help you become less likely to be targeted.

Look in the mirror before you
walk out of the door: focus on
being boring.

Leave anything shiny behind.

Blend in. Wear what everyone else is wearing, and mitigate being targeted because you stand out.

Be mindful of how you behave.
Leave the talk about your
expensive car for later.

Don't be loud. Don't speak on
the phone. Don't stand out.

Move with a purpose, head up,
looking around. Project a
sense that you are aware and
can defend yourself.

SURVIVING AN EVENT

Surviving violence starts with
understanding what can go
wrong.

If you are reacting to this, it's
too late. Pregame it.

Read the environment.
Understand when something
might be brewing...

Visualize the event and how you'd react to it. Run through the scenario in your head. Feel the fear and work the solution.

Then scan.

Once you are out of the door,
pay attention. Use the OODA
Loop.

OODA: Observe, Orient,
Decide, and Act.

Observe: look around and take it all in, detect threats.

Orient: if there is a threat, focus your mind there.

Decide: decide what to do.

Act: and do it.

Be mindful, however: reading
the environment is difficult,
particularly when you're in an
unfamiliar location.

It's easy to confuse the benign
as threats, while completely
missing actual threats.

PLAN B

Rule #1: always have an
escape plan.

Always imagine the worst case scenario and have a Plan B.

DONE

Remember

Pay attention, scan your
environment from close to far.

Remain boring, and blend in.

If you detect something bad
jump into the OODA loop to
get yourself out of that
situation.

**Always have a contingency
plan.**

THANK YOU