



*Training Course:  
Personal Security and Social Responsibility  
(PSSR)*

*28 December 2025 - 1 January 2026  
Manama (Bahrain)  
Fraser Suites*

## Training Course: Personal Security and Social Responsibility (PSSR)

Training Course code: HE1955 From: 28 December 2025 - 1 January 2026 Venue: Manama (Bahrain) - Fraser Suites  
Training Course Fees: 4900 € Euro

### Introduction:

The "Personal Security and Social Responsibility" PSSR training program is designed by Global Horizon Training Center to empower individuals with the knowledge and skills to enhance personal safety and promote social responsibility. This program aims to provide participants with practical strategies to mitigate risks, protect themselves, and contribute to a safer community. Through interactive sessions and practical exercises, participants will develop a proactive mindset and the necessary skills to navigate various personal security challenges effectively.

### Objectives:

- To raise awareness about personal security risks and challenges in different environments.
- To equip participants with strategies to assess and mitigate personal security risks.
- To enhance participants' ability to respond to personal security threats effectively.
- To foster a sense of social responsibility and encourage active participation in creating safer communities.
- To promote the development of practical skills for personal security management.

### Methodology:

The training program will utilize a combination of interactive presentations, group discussions, case studies, role plays, and practical exercises. Participants will be encouraged to share their experiences and perspectives, creating a dynamic learning environment. Real-life scenarios and simulations will be employed to provide practical application opportunities, allowing participants to apply the knowledge and skills learned in realistic situations.

### Target Audience:

The Personal Security and Social Responsibility PSSR training program is suitable for a wide range of individuals, including:

- Corporate professionals seeking to enhance personal security in the workplace.
- Travelers and tourists interested in staying safe while exploring different destinations.
- Students and young adults entering new environments e.g., college, urban living.
- Community leaders and volunteers interested in promoting social responsibility and safety.
- Individuals concerned about personal security in everyday life.

## Outlines:

### Day 1:

#### Introduction to Personal Security

- Welcome and program overview
- Understanding personal security and its importance
- Identifying common personal security risks and threats
- Personal security assessment techniques
- Practice: Conducting a personal security risk assessment

### Day 2:

#### Situational Awareness and Risk Mitigation

- Developing situational awareness skills
- Recognizing pre-incident indicators and suspicious behavior
- Strategies for risk reduction and risk avoidance
- Safe travel practices and considerations
- Practice: Enhancing situational awareness through role plays

### Day 3:

#### Response to Personal Security Threats

- Introduction to self-defense techniques
- Verbal de-escalation and assertiveness training
- Physical techniques for self-defense and personal protection
- Handling confrontations and aggression
- Practice: Self-defense techniques and scenario-based exercises

### Day 4:

#### Cybersecurity and Digital Footprint Management

- Understanding cybersecurity threats and online risks
- Best practices for secure online behavior and data protection
- Managing privacy settings and online identities
- Recognizing phishing attempts and social engineering techniques
- Practice: Assessing and securing personal digital footprints

#### Day 5:

##### Social Responsibility and Community Safety

- Importance of social responsibility in personal security
- Building safer communities through awareness and engagement
- Reporting suspicious activities and emergency response procedures
- Collaboration with law enforcement and community organizations
- Practice: Community engagement and safety planning activities

## Registration form on the Training Course: Personal Security and Social Responsibility (PSSR)

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Complete & Mail or fax to Global Horizon Training Center (GHTC) at the address given below

### Delegate Information

Full Name (Mr / Ms / Dr / Eng): .....  
 Position: .....  
 Telephone / Mobile: .....  
 Personal E-Mail: .....  
 Official E-Mail: .....

### Company Information

Company Name: .....  
 Address: .....  
 City / Country: .....

### Person Responsible for Training and Development

Full Name (Mr / Ms / Dr / Eng): .....  
 Position: .....  
 Telephone / Mobile: .....  
 Personal E-Mail: .....  
 Official E-Mail: .....

### Payment Method

- Please find enclosed a cheque made payable to Global Horizon
- Please invoice me
- Please invoice my company

### Easy Ways To Register

Telephone:  
+201095004484 to  
provisionally reserve your  
place.

Fax your completed  
registration  
form to: +20233379764

E-mail to us :  
info@gh4t.com  
or training@gh4t.com

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