

Learn How to Come to Your Own Rescue



Unbreakable Woman® takes a unique approach to empowerment, confidence building and violence prevention by viewing potential adversaries through a compassionate lens. Instead of teaching you how to fight like a man, Unbreakable Woman helps you harness your natural intuitive intelligence to unleash the strength, power and protection skills you were born with.

Maura Barclay is a former fire fighter, two-time title winning body builder and martial artist. She founded Unbreakable Woman in 2004 and authored the book *Compassionate Self-Defense & Empowerment*. She brings more than two decades of teaching expertise to her programs and has presented her compassionate violence prevention and empowerment seminars across the nation at businesses, conferences and federal agencies. She developed and implemented a harassment and sexual assault prevention program for the US Military as a Subject Matter Expert (SME) and recently completed an intensive Threat Assessment Academy focusing on personal security and violence prevention in the workplace and schools.



UNBREAKABLE WOMAN HIGHLIGHTS:

- The science of intuition
- Empathy for adversaries
- Tools to become present
- Projecting confidence
- Situational awareness skills
- Developing powerful language