

**Classes  
Workshops  
Presentations**  
**Consulting & Keynote Speaking  
Education & Workplace Training**

*Winner - Silver Medal*



**Personal Safety Nets®**  
**4740 44<sup>th</sup> Avenue SW #102**  
**Seattle, WA 98116**

**206-659-0665**

## Some of our clients . . .

American Assoc. of University Women  
ArtsWest Playhouse  
Bank of America, Trust Group  
Childhaven  
DSHS – Care Giver Conference  
Eastside Human Services  
Family Resource Center  
FareStart  
Interfaith Creation Festival  
Junior League of Seattle  
KCTS-TV- Health Fair  
Northshore Senior Center



NW Parenting Conference, WSU  
Plymouth Housing  
Public Television, KCTS-9  
Seattle Univ. Sch. of Theology & Ministry  
Shoreline Rotary  
Sisters of the Holy Names  
University of Washington Women's Center  
University Unitarian Church  
West Seattle Senior Center  
Women Entrepreneurs Association



## Personal Safety Nets®



Working with individuals,  
businesses and organizations to  
identify, organize and  
appreciate the tools, knowledge  
& resources with which to  
tackle work and life's  
upcoming challenges and  
changes.

**For more information  
or to purchase any of our materials  
call or visit us on-line  
206-659-0665**

**PersonalSafetyNets.com  
We'll Help You!**

## How We Can Help You

Whether you're

- a business working with clients' financial, security or safety needs,
- an organization working with staff & volunteers,
- a family or individual faced with a child heading to college, or military deployment,
- operating a family business,
- getting ready for child birth, or a medical emergency,
- caring for another,
- in a dysfunctional workplace, looking for a job, getting ready for retirement, or hundreds of other changes,

**You need to know and use  
Personal Safety Nets®.**

We work with individuals, businesses and organizations to identify, organize and appreciate the tools, knowledge and resources with which to tackle work & life's upcoming changes & challenges.

***With these new skills, your life and work will be more secure and connected, replacing fear and isolation with know-how, security and community.***

## Help for you, your family, your organization & your business

**Guest Speaker: *Keys to Living Well Until Forever (sample topic)*.** In this talk we cover the basics of safety nets through engaging storytelling and activities. **The audience leaves with a sense of where to begin and how to move forward on their own.** (up to 60 minutes)

**Presentations: *Staff Appreciation & Enhancement (sample topic)*.** Through real life stories, and individual and group activities, **our presentations delve into the question *how do I begin to create a Personal Safety Net?* Participants are empowered to take strategic steps toward getting started.** This is a great presentation to include in a half day event, or breakfast/luncheon meeting. (usually 1-2 hours)

**Classes: *Pulling It All Together (sample topic)*.** In this, our most popular & highly attended interactive class, we'll help you assess and build your personal safety net: the people, plans and resources you need to have in place for life's inevitable challenges. **By class end, participants will have started a resource notebook holding the information needed to successfully move forward. Course enrollment fees include our book and workbook.** (usually 4-6 hours total)

***To discuss any customized service for your unique situation, please call us at 206-659-0665.***

**Consulting & Keynotes:** Led by author and lecturer, Judy Pigott, we offer one-on-one and small group consultation to individuals, families and businesses. **Our goal is to help you, your family and your staff develop better systems and plans for moving ahead with your personal and business life.** We also offer highly individualized speaking topics for various events. Past keynotes have dealt with multi-generational family relationships, conflict resolution, interfaith basis for care teams, and elder care, among many other issues. **Keynotes have been made to the American Association of Retired Persons, Microsoft, American Heart Association and Paine Webber.**

**Education & Workplace Training:** Not only do we offer classes to help solve problems, but we also provide a structured "**Train the Trainer**" curriculum that **trains instructors, managers, HR staff and non-profit volunteers**, who then take their skills back to their workplaces and organizations to increase efficiency and satisfaction. Before you find out that your employees are worried about home life or feel a lack of connection-causing their work to suffer - plan a workshop training - a **cost effective way of assisting your staff to increase success in their lives and workplace.**