MENU of SERVICES for Live Virtual and Live Onsite Trainings:

All the training options you will find in the following pages can be presented live virtually (online) or live onsite by Mike Domitrz.

To help you choose which of the following options you'd like, please indicate your interest level in the left column by assigning a number 1-5 (a "5" represents a high need/priority and "1" represents a low need/priority).

When complete, please call us at 800-329-9390 or email us at hello@centerforrespect.com so we can put together a proposal for you right away.

The following options are included in this Menu of Services:

- "Can I Kiss You?" Briefing
- "Mission Is Transformation" Training
- "Keys to Engagement" Training
- "Deep Dives with Customized Content" Training
- "SAFER Choices for My Child in Today's Sexualized World" for Parents and Children
- "Education thru Engagement" 3-Day Workshop
- "Respect in Today's Workplace"
- Online Courses

IMPORTANT for Live Virtual Trainings:

If you would prefer, our team here at The Center for Respect can setup, manage, and administer all the details of a live virtual training – including providing an online platform for hosting the live virtual event on.

FIND ALL THE TRAINING OPTIONS ON THE FOLLOWING PAGES . . .

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Interest Level	Training Options
	"Can I Kiss You?" Briefing **Audience:** Military members of all ranks, civilians, staff, and dependents. **Description:** "Can I Kiss You?" is one of the most sought-after training sessions focused on reducing sexual assault in the military by increasing bystander intervention, fully comprehending consent, and proactively supporting survivors. Each year, the program is delivered over a hundred times to over 30,000 audience members/participants. After attending this 60-minute session, military members say they are more likely to "Ask First" before engaging in intimacy; they are more likely to intervene when alcohol is used to facilitate a sexual assault; and they are definitely going to "Open the Door" with their colleagues and loved ones to help survivors receive the support they deserve. **TAKEAWAYS:** Attendees gain "How To" Skills for ensuring consent in sexual intimacy, intervening in sexual situations involving alcohol (including at parties, bars, and clubs), and helping more survivors in the military come forward for support.
	"The Mission Is TRANSFORMATION" Training Session **Audience:** Command, Leadership (Senior Enlisted, Officers), Program Advisors, SARCs, VAs, SAPR, SHARP, and interested personnel. **Description:** Repeatedly sharing statistics concerning rape with our military members and telling them "What Not To Do" results in them quickly having Training Fatigue (add-in busy PowerPoint slides and the fatigue rises to levels of complete disengagement). What is needed? **A cultural transformation in how leaders discuss sex, respect, consent, bystander intervention, and supporting survivors**. In this training session, subject matter expert, author, and Hall of Fame Speaker, Mike Domitrz, will share insights and **specific skill sets for creating long-term** cultural transformation toward **respect**, addressing damaging societal influences, awareness of sexual stereotypes and assumptions, teaching consent, bystander intervention, supporting survivors, and the language we use. Domitrz will reveal simple techniques that everyone can immediately use - **from our young, single military members to our more seasoned, married leaders**. As the Founder of The Center for Respect and author of the book **Can I Kiss You? a thought-provoking look at relationships, intimacy, and sexual assault**, Domitrz is brought in to speak with tens of thousands of people each year. Over the

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	past decade, he has worked extensively with all branches of the US Military - including several multi-week overseas tours for multiple military branches. Bring questions with you into this briefing. Prepare to share what you are you sick of hearing about in trainings focused on reducing sexual assault. Bring up concerns you are having about the efforts to reduce sexual violence in the military. Domitrz will work with the entire group to help **overcome challenges and barriers leaders are facing**. If you want military members to take the proper actions toward ending sexual violence in the military, discover the mistakes to avoid and what to say instead. Equally important, find out exactly **how to have that discussion in an appropriate manner**. **TAKEAWAYS:** Gain unique insights, precise steps, and effective strategies as leaders for TRANSFORMING the culture within the military toward healthy sexual discussions, eliminating double standards, increasing bystander intervention, and **dramatically reducing rape from happening**.
	"The KEYS TO ENGAGEMENT" Training Session: **For a more in-depth training option, scroll down to the "Education thru Engagement" option listed further down this menu.** **Audience:** Program Advisors, Trainers, SARCs, VAs, SAPRs, SHARPs, Military members of all ranks, civilians, staff, and dependents. Anyone interested in improving as a Trainer. **Description:** Have you noticed how often military members and civilians dread going to briefings addressing sexual assault and/or any forms of sexual violence? To make matters worse, often they close their minds as soon as standardized military PowerPoint slides begin to appear. How do you **engage military personnel in a high energy, thought-provoking manner that gets them making positive behavioral changes** upon leaving the briefing? The answer is by taking a new approach to military education that invokes positive behavioral transformations. In this interactive educational briefing lead by subject matter expert Mike Domitrz, you'll discover: 1. How a Simple Question Can Make All the Difference 2. Handling the Heckler/Challenger in the Briefing

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Interest Level	Training Options
	"The KEYS TO ENGAGEMENT" (continued) 3. How to Effectively Address Victim Blaming 4. The Power of 3 Focus Points in a Training 5. WHY Mission MATTERS when it comes to ending sexual violence 6. Getting Military Members to TAKE ACTION immediately Why Mike Domitrz as the trainer? As the Founder of The Center for Respect, a Hall of Fame Speaker, and the author of the book **Can I Kiss You? A Candid Look at Dating, Communication, Respect, & Sexual Assault Awareness**, Domitrz is one of the only experts in the world in the field of sexual assault to have earned the Certified Speaking Professional (CSP) designation from the National Speakers Association. Each year, Mike trains and speaks to over 30,000 people in his audiences and reaches millions via TV, radio, and Internet interviews. When it comes to being challenged by audience members, he has heard it all and is happy to share the one approach to take when facing a difficult moment while leading a briefing. **TAKEAWAYS:** Have Mike share the secrets he's learned from over 20 years of speaking to groups of all sizes – including as small as 5 people to over 4,000 people at once. Bring lots of questions. Mike LOVES to help through sharing. He holds nothing back.
	Deep Dives with Customized Live Virtual and Onsite Programs. **Audience:** You choose. **Description:** Have Mike Domitrz dive deep into a specific topic area or a collection of topic areas for a 60-minute live virtual training (or live onsite). We can work with your team to have participants answer a 2-question survey to completely customize this session (yes only 2 questions). *Our team here at The Center for Respect can setup and manage the entire registration process and hosting of any live virtual training for you.* Mike will then tailor the hour of training to address the concerns, questions, experiences, and needs of those participating – for helping everyone build a culture of respect. Topics to choose from include the following (if you don't see an area listed that you'd like included, ask Mike if he can add it in):

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	• Addressing Victim Blaming • Comprehensive Look at Consent • Bystander Intervention: the Dos and Don'ts • Building a More Supportive Environment for Survivors • Engaging the Heckler/Challenger in our Troops • Dangerous Culture Expectations around Sex • Common Mistakes Leaders & Trainers Make When Addressing Sexual Violence • Alcohol & Sex: the Myths vs the Realities • Share Your Struggles and Let Mike Help • Presentation Skills - how to make your trainings much more effective • How to be a SHARP Ally as a Leader. • Self-Care When Working to Make a Difference.
	"SAFER Choices for My Child in Today's Sexualized World" **Audience:** Military members of all ranks, civilians, staff, and dependents (including MINORS if your installation would like). **Description:** [***Based on Mike Domitrz's Award-Winning DVD***] Ask any parent, "When your child is ready to date, do you hope your child will always have a CHOICE before anyone does anything sexual or intimate with your child's body?" Every parent will adamantly say, "YES!" Surprisingly very few parents teach their children the specific skill set needed for the child to live a dating and intimate life filled with respect. Too many parents instead have the AWKWARD TALK every teen dreads – filled with phrases like "Don't do it", "Keep it your pants," "Just say 'No'", and "Don't get pregnant." Mike reveals specific "How To" skills every parent can immediately implement into their life that helps make their teen make better choices for the right reason (not just out of fear). **TAKEAWAYS from "Safer Choices" session:** Parents and their children discover simple ways to better prepare for the excitement, fears, and dangers of dating (and intimacy). Moms, Dads, sons, and daughters praise how much fun this session is to attend. Even better is hearing everyone leaving talking about how excited each of them is to put the ideas into action – for making safer choices going forward. ***YOU WILL FIND MORE TRAINING OPTIONS on the following pages . . .***

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	'EDUCATION THROUGH ENGAGEMENT' 3-Day WORKSHOP **Audience:** SARC'S, Victim Advocates, Program Managers **Description:** Participate in up to a 3-day training workshop for enhancing and expanding your skills to reach and connect with each audience you train. This event is designed for SARC's, SHARP's, Victim Advocates and Program Managers to help deepen their skill set and connect with unique and/or challenging audiences. Through a combination of thought-provoking discussions and intensive training, Mike Domitrz will reveal specific how-to skills and provide 'hot seat' experiences. Led by Hall of Fame Speaker and author Mike Domitrz, the Education thru Engagement Training will push attendees to breakthrough existing limitations – while taking their speaking and training skills to a new level of excellence for creating the most profound impact in the military training sessions they lead.
	"RESPECT in Today's Workplace" Training Session: **Audience:** Military members of all ranks, civilians, staff, and dependents **Description:** While many military leaders are asking themselves, "How do we address sexual harassment and sexual violence in the workplace?", the innovative and effective leaders are turning to Mike Domitrz to help them build a foundation of respect - where a new standard of respect is lived 24/7. In "Respect in Today's Workplace" Domitrz takes each person at the training on a high energy, thought-provoking journey filled with self-evaluation, gaining specific strategies and tools, and discovering "How-To" Skills for transforming your entire culture to one being built on Respect. Domitrz will knock down century old unhealthy belief systems and excuses like, "you're taking the fun out of work" and "the pendulum is now swinging too far the other way in overcorrecting the issue" to participants realizing how fulfilling working in an organization based on Respect is for everyone (all levels of leadership, all employees, clients & customers, and vendors). Participants will learn how to watch for the **9 Daily Displays of Disrespect** which occur commonly in workspaces and how to instead **choose the 9 Daily Choices FOR Respect**. Help your military members create transformation in their personal lives and throughout the installation by building a culture of respect with Mike Domitrz.

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	Online Courses **Audience:** Military members of all ranks, civilians, staff, and dependents. **Description:** The Center for Respect provides online learning opportunities. • "**Transformational Training**" Course Bundle which N.O.V.A. has given up to 24 C.E.U.s for participants completing all 12 Courses. Discover specific skills and strategies for being even more effective as a trainer and educator. This course is fully available immediately because all of the courses are prerecorded and online 24/7 (all 12 modules). Mike Domitrz is the instructor for this course. Currently, the individual courses are $75 each and the full Bundle of all 12 courses is $750 (Get 12 Courses for the price of 10). To register or learn more, call us at 800-329-9390 or email us at hello@CenterForRespect.com.
	WANT MORE? Do you have additional ideas for topics you would like Mike Domitrz to address and/or conduct training on? Ask for additional programming with the issues you want Mike to discuss and we will be happy to explore the possibilities.
	HALF-DAY or FULL-DAY CONSULTING: Bring Mike to your location via live virtual meeting or bring him live onsite to work with your leadership team. Mike will customize the training to help everyone work together for creating long-term solutions moving forward.

CALL US at 800-329-9390

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