



Program Outline

Qualifications and Experience



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About Us

TriTactics is a boutique company that offers specialist programs in the areas of personal safety, self-defence, anger and aggression management and Karate.

TriTactics has been working in the Educational, Community and Health sectors providing guidance and support to many young people and adults since 2006. We work with councils, community groups, Victoria Police and the general public, providing emotional awareness and self defence classes to children, teenagers and adults.

TriTactics has developed and run programs with a practicing psychologist for specific groups, and is able to tailor programs to participants' needs.

Our sensitivity to the individual needs of clients enables us to deliver programs to diverse groups; from support groups for those who have suffered trauma in early childhood, to school groups, to middle management and executive levels of corporations.

We work with children, gender specific groups or groups from a mix of backgrounds, genders and ages.

Our body of knowledge is extensive and varied, enabling us to be adaptive with our program within a session – ensuring participants leave with relevant knowledge that can immediately be put into practice.

TriTactics courses are developed to industry standards & are used by local and state Government, the Victorian Court System, Victorian Educational system and the State Training board of Victoria.



“Choices” - Emotional Awareness and Self Defence Program For Primary and Secondary Schools

This program looks at mental self-defence and awareness for today’s school lifestyle.

This course is suitable for both Primary or Secondary aged students, with the course content being tailored to suit the age, level of understanding and maturity of the group.

We discuss participants’ options, choices and consequences and explain how their consequences create the culture that shapes their day-to-day life. Participants leave with a vastly deeper understanding of how to control difficult situations, how their attitude impacts on their successes giving them a feeling of empowerment to change their lives for the better.

Learning outcomes

Participants develop increased awareness of their emotions, the impact of their attitude and an ability to know and accept themselves.

Activities

The course structure deals with areas such as:

- Understanding emotions
- Defusing potential situations
- Self awareness, being assertive and confident
- Learning about options, choices and consequences
- Creating respectful relationships
- Conflict resolution
- Avoiding potentially difficult situations.
- Prevention & easy steps to identify one’s vulnerability
- Personal boundaries and limitations
- Intention, Ability, Opportunity
- The 5 D’s

Assessment: To assess the group or individual’s performance a combination of oral questions, practical demonstrations and role plays will be used. Certificate awarded upon successful completion.

Duration: To suit organisational requirements.

Evaluation: All participants are asked to complete an evaluation form upon program completion.



“STOP THE CYCLE”

The Aggression Outlet training and Emotional Awareness “Stop the Cycle” program offered by TriTactics consists of physical techniques combined with a psychology approach, offering beneficial outcomes for people of any age with a background of physical, mental, sexual abuse and/or anger management issues. The course is suitable for victims of abuse as well as perpetrators (who may have been victims themselves).

In today’s society, many people are victims of abuse or are impacted by it through their relationships with victims or perpetrators. Victims and perpetrators often internalize their feelings, become frustrated and stressed as tension builds. This course is designed to provide an outlet to relieve stress, manage anger and ultimately, assist healing.

Our Facilitator, Pete Keogh encourages open and honest communication in a supportive environment. Sensitivity and adaptability to the participants needs is a core foundation of the program.

Learning outcomes

At the end of this program, it is anticipated that participants will be motivated to communicate more freely and to use the techniques demonstrated as a means of relieving stress. Enhanced expression of feelings, improved anger management and increased confidence are the core aims of the program.

Participants will also leave the course with a good understanding of constructive physical and psychological aggression outlets.

Course content: Understanding the body and what it can do
Identifying anger
My Outlet for anger management
Dealing with stress
Relaxation and breathing principles

Activities: Understanding how fear and pain control the body
Demonstrate ways of releasing built up anger
Knowing what to say and do at the right time
Knowing how to focus to achieve set goals

Assessment: To assess the group or individual’s performance a combination of oral questions, practical demonstrations and role plays will be used.
Certificate awarded upon successful completion.

Duration: To suit organisational requirements.

Evaluation: All participants are asked to complete an evaluation form upon program completion.



VCAL PROGRAMS

Personal Development Skills Foundation Unit 1

Nominal duration 100 hours

Unit purpose

The purpose of this unit is to focus on the development of organization and planning skills, knowledge, practical skills, problem solving and interpersonal skills through participation in experiences of a practical nature. The focus of the learning program for Foundation Unit 1 includes:

- subject specific knowledge applicable to a relevant personal, social, educational and/or community goal
- skills applicable to a relevant personal, social, educational and/or community goal
- development of an understanding of social issues and civic responsibility
- introduction to problem-solving skills
- introduction to skills for planning, organizing and working in teams.

Content Summary

The learning outcomes of the VCAL Personal Development Skills units are general to enable maximum flexibility for content selection at the local level. Content of learning programs should link to one of the following curriculum contexts:

- Personal Development
- Health and Physical Wellbeing
- The Community
- Family



VCAL PROGRAMS

Personal Development Skills Foundation Unit 2

Nominal duration 100 hours

Unit purpose

The purpose of this unit is to focus on the development of knowledge, skills, critical intelligence and interpersonal skills through participation in experiences of a practical nature. The focus of the learning program for Foundation Unit 2 includes:

- subject specific knowledge applicable to a relevant health and physical wellbeing or community service goal
- skills applicable to a relevant health and physical wellbeing or community service goal
- improved interpersonal and communication skills
- awareness of personal rights and responsibilities
- improved communication skills for group and/or team activities.

Content Summary

The learning outcomes of the VCAL Personal Development Skills units are general to enable maximum flexibility for content selection at the local level. Content of learning programs should link to one of the following curriculum contexts:

- Personal Development
- Health and Physical Wellbeing
- The Community
- Family



Personal Safety and Self Defence for Young Women

Unfortunately in today's society, young women have become more vulnerable than ever before. With this in mind, we have developed a program specifically for young women, that teaches them:-

- Self defence
- Creating respectful relationships
- Conflict resolution
- Avoiding potentially harmful situations.

Our program, equips students to:

- maximise their personal safety;
- identify vulnerable situations both physical and emotional, and
- recognise the actions used to prevent or defuse potentially harmful situations.

Students utilize simple steps to assist in pre fight, the actual fight and post fight scenarios. In addition, participants develop increased awareness of their emotions.

Our course covers specific criteria in areas relating to:

- Understanding emotions
- Recognising signs and symptoms of escalation
- Defusing & de-escalating risk/threat
- Potentially harmful situations
- Self awareness, being assertive and confident
- Learning about options, culture and consequences
- Prevention & easy steps to identify one's vulnerability
- Personal boundaries and limitations
- Intention, Ability, Opportunity
- The 4 D's

Our program is suitable for any young woman over the age of 13 and can be tailored to meet the age and needs of the group.



General Physical Programs

Karate and Self Defence

Karate

Our training has been developed through years of study from areas including Sports Science, Education, Biomechanics, Nutrition, Psychology & Physiology. Our methodology uses positive reinforcement, teaching the physical aspects to students and developing the mind through discipline. Together, students build a strong ethical, moral philosophy and spiritual introspection, which is essential to the overall development of the student.

All classes are structured to promote respect for others and oneself, discipline, confidence, concentration, fitness, flexibility, coordination and self defence. The journey is an internal one, overcoming the battles that rage within in order to find happiness and contentment.

Our syllabus not only includes what can be described as Karate techniques and Karate Kata (Forms/Patterns), but also the principles and practices of locks & holds, throws, grappling, boxing, kick boxing. We focus on using de-escalation principles and understanding one's emotions before, during and after a violent situation.

General Class Run down

Karate and Self Defence classes follow a well structured syllabus and provide a great deal of variety and an excellent physical work out. Students are able to work and advance at their own pace and are always encouraged to strive to achieve their personal best.

Classes typically include:

- Stretching and warm up
- Technique and skills development
- Partner and pad training
- Self defence applications
- Group theory
- Stretching and cool down

Pete Keogh

Qualifications and Experience

Peter Keogh

Experience

- Black Belt 6th Dan Okinawan Goju Ryu Kenkyukai Karate
- Martial Art Instructors Course
- Security industry experience from security at hotels to personal protection.
- Level 3 Security Certificate in Firearms, Baton & Handcuffs (ISTA)
- Qualified First Aid Level 2
- Certificate 4 in Training and Assessment (TAE40110) Phillips Institute
- Over 25 years of providing Self defence Courses in Victorian Schools
- Provider for Women's Domestic Violence Course
- Provider for Anger Management Programs
- Providing a number of year level talks to secondary schools throughout the state on focusing on understanding and controlling the present and setting goals for the future
- Providing a holistic approach to the Prahran "YRO" Police and the City of Stonnington youth Resource on programs and dealing with "at high risk" youth
- Course Facilitator- Waverly Help Mates Aggression Outlet Training and Assessment;

Other Achievements

- Speaking publicly at Neighbourhood Watch and Centre Against Sexual Assault (CASA) on Self Defence and effects of abuse in the community.
- Mental Health Week Panel member for the City of Kingston with Dr.Michael Carr Gregg & Sally Cockburn (Dr.Feelgood), on young people's choices for now and the future
- Working with "Child Wise" promoting stopping the Cycle of child abuse and improving self esteem of the young
- Provider for Stay Safe for girls, Drummond St Relationship Centre
- Contract with DHS delivering "Stop the Cycle" program to ex prisoners and high risk youth
- Speaker at Rotary Victoria on Home Safety;
- Developed and delivered 'Stranger Danger' and self defence programs to North East Victoria Girl Guides and Scouts;
- Developed and delivered a home safety and self-defence course for "Over 55s" called Prime Movers (featured on Good Morning Australia, Network Ten);
- Developed personal safety program for Royal Districts Nursing Service (RDNS);
- Facilitated course for women's Victims of Domestic Violence group;
- In conjunction with psychologist Martina Quirk, development and delivery of home safety and personal safety programs for victims of domestic violence;
- Delivered ongoing Self Defence and Safety in the Work Place Courses to employees at United Customer Management Solutions (a 2500 employee Contact Centre & BPO organisation);

- Interviewed on Channel 7 program “The Morning Show” on abuse survivors as well as the programs offered by TriTactics;
- Conducted a 4 week intensive Self Defence/Relaxation/Stress Relief Course at Bexton (boutique IT Professional Services firm of 60+ employees);
- Public speaking engagements for Neighborhood Watch and CASA on Self Defence and effects of abuse in the community;
- Providing a Safety In the Workplace and Home Visits course for Southern Health group, a health provider regularly delivering services into client’s homes
- Guest speaker on radio 3AW for Dr Feelgood (Dr Sally Cockburn) show on “Abuse- are you a victim or a survivor?”
- Speaker at Austin “House” Hospital for Adolescent Inpatient Unit on Personal Safety and Self Defence;
- Assisting local member of State Parliament Ann Barker on course for Women’s Refuges;
- Assisting Victoria Police (Prahran) in the Juvenile Justice Programs;
- Implementing and running a Karate program with Stonnington Council Youth Services, Adventure Playground, Prahran;
- Working with the Cathy Freeman Foundation implementing and running a self defense program for indigenous youth at the Palm Island School, Palm Island Queensland;
- Working with the Department of Human Services in the Goulburn Valley Region, teaching emotional awareness to high risk adults;
- Public speaking engagement for Youth Connect program, run annually by the City of Kingston
- Working in conjunction with Victoria Police and the Blue Light Foundation to assist high risk youth through individual and group based programs to make better life choices.



Pete Keogh

References and Endorsements



PARKDALE SECONDARY COLLEGE

ABN 83 257 567 713

Warren Road, Mordialloc, Victoria 3195
Telephone: (03) 9580 6311 Facsimile: (03) 9587 3142
Email: parkdale.sc@edumail.vic.gov.au
Website: www.parkdalesc.vic.edu.au

Principal: Ms. Debby Chaves

Assistant Principals:
Mrs. Melissa Treverton
Mrs. June Sainsbery
Miss. Deborah Kirk
Mr. Michael tack

6th December, 2017

To Whom It May Concern,

I have known Peter Keogh in a professional capacity within the Education system. In 2010, I was approached by our College Principal to create a new Year Nine program, which would address the growing needs of our College. This program would run each Wednesday and would address the elements of City, Country, Community and Self.

Peter's affiliation with the College was already strong (with his delivery of his unit of Self-Defence and Life Skills, with their Physical Education and Health programs) spanning almost a decade. I was able to call upon his expertise and willingness to collaborate.

Peter was integral in the development of our 'Rock and Water' program in the first year of our CONNECT Program at Parkdale Secondary College in 2011. Throughout the past six years, he has worked collaboratively with the Rock and Water teachers and myself (as the program leader) to further enhance our program.

Peter had been an active member of our program, running two sessions (with 50 students in every block of CONNECT throughout the year). Students at Parkdale Secondary College recognise Peter Keogh as a member of our community that can provide support that is separate to the teaching and well-being staff. He has built a strong and trusting relationship with the teachers at the college and the students witness this mutual respect in the way he acknowledges staff upon arrival at the College.

His sessions focus on personal safety, defence and anger management. Peter challenges students to think deeply about their own lives, relating to experiences, to date. He also empowers young adults to connect to their own thoughts and feelings, in direct relationship with their actions; recognising they choose their own behaviour and responses.

Further to Peter's involvement in our Rock and Water program, he has also been attending our Country Camp at Forest Edge in Neerim East for the past six years. He facilitates a moving seminar, which focuses on his life and his own personal story. The students have a deep respect and appreciation for the way he shares his story and is able to extend his message to another level, allowing other students to show empathy for Peter's life journey.

We, at Parkdale Secondary College, consider Peter Keogh as a pivotal member of our School Community and he would be an asset to all social contexts, especially working with the youth of Melbourne. He has an innate ability to reach into the souls of even the 'toughest' exteriors and impact on those who need him the most.

Please do not hesitate in contacting me with any further questions.

Kind Regards,

Brooke Douglas

douglas.brooke.o@edumail.vic.gov.au



ST BEDE'S COLLEGE

2 MENTONE PARADE, MENTONE VICTORIA, 3194
Phone: 9582 5999 Fax: 9582 5757 ABN: 59 127 195 135
www.stbedes.catholic.edu.au

To whom it may concern,

For 20 years I have worked in Secondary Education in Victoria and specialized in teaching some of the more marginalized students. The majority of these students have parental, learning and behavioral issues that make the day-to-day educating of these young men challenging at the best of times. I manage and instruct a Personal Development Unit at St.Bede's College Mentone in the area of VCAL 'Victoria Certificate of Applied Learners'. A greater percentage of these students have not enjoyed or succeeded in mainstream education and the VCAL program aims at providing certificates, direction, pathways and support for these students to become engaged, productive and valued members of society.

The Personal Development program I have managed at the school has a major focus on 'Self Awareness'; an understanding of our good and bad traits that we take with us on our journey through life Peter Keogh and the team at Tri Tactics have been a major support for this program over the last 8 years. Peter's open, encouraging and honest approach to his class room educating allows the students to open up to him and further trust, believe and feel free to be themselves in front of him and their peers. Relating to students is the key to educating youth and Peter has shown this to me from day one when I viewed him working with the VCAL students.

The VCAL students work through physical, mental, emotional and social challenges that Peter puts in front of them. Peter's task's help allow the students to gain confidence in their own ability levels, Peter has a great ability to read and recognize that the majority of these students come from a low base and works in a supportive manner to help students gain the skills they require for the day to day tasks of life.

For the past 8 years at St.Bede's College my students have thoroughly enjoyed working with Peter and the Tri Tactics team, I have no doubt that the program that he provides has had many positive outcomes on the VCAL students. I look forward to continuing working with Peter in the years to come and have no hesitating in putting Peter Keogh forward as a fantastic, positive, and honest role model for the youth that he engages with. If you would like to contact me and discuss any further my contact details are below.

Regards

Gerard Jackson
St.Bede's College Mentone 3194
VCAL Personal Development

gj@stbedes.catholic.edu.au

03 95825999

0412 415 848



17th of September 2012

To Whom It May Concern

I have known Peter Keogh since 2008 when he started working as head coach with St Kevin's College students delivering a Martial Arts Program to our Junior School - Years 3-6 and our Senior School - Years 7-10 on a weekly basis.

This year Peter taught in excess of 85 students, with some of the senior students coming back to the program for their fourth and fifth year. I strongly believe the success of Peter's program and the reason the students return each year, is because of his ability to connect with the boys and the way he challenges them.

As a teacher, it is great to be able to see the boys develop in confidence and achieve their goals through Peter's Martial Arts Program. The College looks forward to many more years of the TriTactics Martial Arts Program.

I would be happy to recommend Peter Keogh and TriTactics to any school.

Yours sincerely,

Mr Terry Arai
Teacher in charge of Martial Arts
Teacher of Aviation and Japanese
St Kevin's College Toorak
(03)9822-0911

ALBERT
PARK
COLLEGE

Lead Create Inspire

The Tritactics program

Since starting with Tritactics we haven't looked back. The program outcomes are powerful and lasting with the students. We have had feedback from students, teachers and parents about changes in self-confidence and the awareness of their actions to family and friends. So much more than just self-defence.

**Eddie Gillespie
Physical Education Leader**



Year 9 students at Northern Christian College were so totally engaged, inspired and motivated during and after the time Pete shared his gems of life with them. They're extremely keen to have him revisit, showing that the challenge was personal but also achievable.

It's not just a program but a personal experience that Pete offers to each student. The result is that they're so keen to pursue a new direction, for greater meaning and with purpose.

As the Student Welfare Officer I don't want a program that has a once only impact, but an experience in which the young people can be personally touched and engaged and where, through their own thinking and choices and with support, can make life changing decisions to be all they can be. It's not just an inspirational experience but a trigger for change in their sense of self and worth.

Thanks Pete!

*Fiona Dumitrache
Student Welfare Officer*