DEFENSE AWARENESS RESPONSE TRAINING
DART™



WorkSmart Trainings

DART is a 501(c)(3) nonprofit providing violence prevention and personal safety training. Our WorkSmart courses equip teams with practical skills to recognize and respond to workplace safety challenges.

Courses & Benefits

Verbal De-escalation Training

Learn & apply the four elements of a Workplace Safety System.

Recognize escalation and choose appropriate responses.

Practice verbal de-escalation through realistic scenarios.

Enhanced Workplace Safety

Recognize warning signs and pre-violent behaviors.

Apply DART's Crisis Response Model, Emotional Hill, and Matrix tools.

Practice de-escalation, blocking, redirection, and escape techniques.

Team Intervention & Control Techniques

Develop defensive skills and team intervention techniques.

Practice team control holds and takedowns in realistic scenarios.

Stalking Awareness & Personal Safety

Learn to identify stalking behaviors and common patterns

Explore safe responses, support options, and risk-reduction strategies

Build Employee Confidence. Strengthen Workplace Safety

Scan the QR code to learn more about our WorkSmart courses