

TRAINING CATALOG



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SPEAKER SURVIVOR AUTHOR

**2023-
2024**



NOW I SPEAK

Told through a series of flashbacks, first-person narration, and evidence from the landmark case that saw her stalker receive one of the longest sentences for the crime in U.S. history, *Now I Speak* delves even deeper into Anna's personal past to uncover a history of abuse and vulnerability, each experience adding fuel to the fire of Anna's determination.

Coming August 2023, Anna's debut memoir provides a clear call to action: It's time to stand up to stalking.

ABOUT ANNA

Anna Nasset is a survivor, a victim, a writer, an artist, an activist, a speaker, and the owner of Stand Up Resources.

Anna is an award-winning international speaker on the subject of stalking and gender-based violence. As a victim/survivor of stalking for more than a decade, Anna has firsthand experience of how to identify and respond to stalking. She is one of the very few people who can speak openly about her experience after the man who stalked her received the maximum sentence for aggravated felony stalking, ten years in prison, in 2019. This is one of the longest-known sentences for stalking in USA history.

She has trained thousands of professionals, students, and military members on the importance of recognizing stalking, getting help, and advocating for oneself and others.

Anna is a board member of EVAWI and the Mad River Valley Chamber of Commerce. She hosts a podcast, "The Mend" (sponsored by the Vermont Center for Crime Victim Services), which focuses on topics and services to support crime victims. She resides in the Green Mountains of Vermont with her 3-legged chihuahua Dolly Parton and is excited about her first book, *NOW I SPEAK*, coming out later this year.

SLOW MOTION HOMICIDE: STALKING CASE STUDY

Audience: SHARP/SARC/SAPR, Law Enforcement, Advocates, Prosecuting Attorneys, Title IX & Campus Safety, Mental Health, Conferences, Criminal Justice Courses

Length: 1-4 hours

Anna Nasset will present her insight as a victim of stalking for the last decade. Through the years, Anna has worked with countless service providers and community members, has successfully experienced prosecution, and is currently still a victim of stalking. The offender is serving a 10-year prison sentence for the crime.

This incredibly unique and nuanced case study allows service providers and first responders to hear first-hand how victims navigate the world and the legal system and begin to build a new life. Participants will learn best practices when working with victims of crime. Anna curates each training for her audience and will work with your organization on length, material, and highlights.

This session can be provided as a case study, keynote, plenary, plenary panel, interactive presentation, or break-out. In addition, her prosecuting attorney, a former judge from the case, law enforcement, and an advocate, are open to speaking as well.

KEYNOTE

Audience: Conferences, Victim Service Awards, Trainings, Special Events, Community Gatherings, Commencements

Length: 15 minutes - 1 hour

This dynamic, custom presentation allows Anna to bring her all to the stage, sharing her story while providing a space for discussion and empowering her audience. Each Keynote features the core message you are wanting to convey to your audience. Anna will build a speech that is sure to leave your audience ready to learn, eager to change and with renewed enthusiasm for the work that needs to be done. She can also combine her skill of storytelling to bring a unique and real look at the impact of crime on victims through the power of story.

STAND UP: SURVIVOR STORY AND BYSTANDER INTERVENTION

Audience: Communities, University Students, Military Bases, Businesses, Organizations, Victim Service Providers

Length: 1-2 hours

Attendees are led through exercises and conversations that look deeper into consent and appropriate behavior (especially around stalking) for all to look at their behavior. Participants are educated on how to be a bystander and assist those who have been sexually assaulted or who are being stalked. Anna also shares parts of her own story to highlight the effective bystanders in her life!

Attendees will walk away with a deeper understanding of stalking affects the victim on every level. Additionally, a tool kit of resources is provided to use for themselves or to help others.

NOW I SPEAK: VICTIM IMPACT STATEMENTS

Audience: SHARP/SARC/SAPR, Law Enforcement, Advocates, Prosecuting Attorneys, Title IX & Campus Safety, Mental Health, Conferences, Criminal Justice Courses

Length: 90 minutes

Anna shares her own victim impact statement and breaks down how she created it, the people she worked with, and her thoughts behind it. Her impact statement led to one of the longest sentences in history for stalking and has been lauded by the Prosecuting Attorney and Judge on the case as the reason this sentence was given. She looks at other victim impact statements and shares their importance for sentencing and healing.

Anna has trained over 150,000 people since 2019. Including law enforcement, advocates, prosecutors, state and local agencies, the Department of Defense, universities, businesses, ski and service industry, and organizations.

JUST ASK ME: VICTIMOLOGY AND WORKING WITH VICTIMS

Audience: SHARP/SARC/SAPR, Law Enforcement, Advocates, Prosecuting Attorneys, Title IX & Campus Safety, Mental Health, Conferences, Criminal Justice Courses

Length: 1-2 hours

Through unpacking victimology and trauma-informed practices, Anna sets the stage to take on all the questions. Make a list of all the questions you've ever wanted to ask a victim regarding going through the criminal justice and legal process, and bring them to this session! Even if you think it's offensive or triggering... bring them. Having gone through the criminal justice process for over a decade, Anna knows how challenging it can be to work with victims.' Anna is completely transparent about her experience and offers insight to each attendee in her answers. She also walks attendees through a few highlights and lowlights of her experience and brings along some of the best questions she's ever been asked. This dialogue presentation will give you a new understanding and skill set.

TRAUMA CAKES: HOW TRAUMA DICTATES OUR LIVES

Audience: SHARP/SARC/SAPR, Law Enforcement, Advocates, Prosecuting Attorneys, Title IX & Campus Safety, Mental Health, Conferences, Criminal Justice Courses

Length: 1-3 hours

Most likely, you or someone you know has experienced some traumatic event or trauma during their lifetime. It is much more common than people realize. Everyone's experience of a traumatic event is different. The event does not determine whether something is traumatic to someone, but the individual's experience of the event and the meaning they make of it. Overcoming adversity and coping with such events are paramount to well-being and resilience. This training looks at how trauma can affect every aspect of a person's life and what you can do to support and assist them in their own triumph. Through conversation, stories, and activities, each participant will walk away better equipped to serve each person they work with!

THE STORY: VICTIMS/SURVIVORS STORYTELLING TRAINING

Audience: Victims and Survivors of Crime, Advocates

Length: Varies on Group or Individual Needs

Available for groups or private coaching

Victims/survivors often want to share their stories to heal, empower others, and create change. This session works directly with people who are interested in learning how to share their stories and help them craft their language for various audiences. Some people want to share their stories with family members and loved ones, while others want to effect change. We will look at various opportunities for storytelling, here from Anna, how she began to find her voice and calling, and her thoughts for each individual. She will share lessons she has learned, hurdles, triggers, and various outcomes with you and answer all of your questions. This supportive training promotes care and wellness while finding voice and creating change.

Understand Details of your Story - What details of the experience should be told, and which should be left out?

Look at Support for telling your Story - What support does each person need to do this work?

Identify Impactful elements of your story for each audience – What are relevant details but not graphic, how do we address triggers, and what are positive outcomes?

By the end of this session, the learner will have created a draft of their story using elements with a specific audience in mind.

This session is specifically designed for each group or individual's needs and wanted outcome. It can be a one-time session resulting in a draft/outline or longer-term coaching that creates a finished story.

GET TO WORK: WORKPLACE CULTURE & CARE

Audience: ANYONE who has co-workers, colleagues, or employees. From the military to the service industry, this is for you!

Length: 1-3 hours

Creating a supportive culture in the workplace takes leadership and response from all members. This session examines how we can effectively lead and create a supportive place for all. Looking at language and action through stories, exercises, and videos, attendees will learn how to be stand-up in all aspects of their jobs. Additionally, we will look at how each member of your staff or unit can identify that a colleague may be dealing with sexual assault, domestic violence, stalking, or depression.

"Anna is so engaging. She did an excellent job of pulling the audience into her experience. She is a beautiful example of vulnerability, strength, courage, and inspiration."

- NESD Family Violence Prevention Conference attendee

SPEAK UP: TRAIN-THE-TRAINER

Audience: SHARP/SARC/SAPR, Law Enforcement, Advocates, Prosecuting Attorneys, Title IX & Campus Safety, Mental Health, Conferences, Criminal Justice Courses

Length: 1-8 hours

How many eye-rolls have you seen when you tell your staff or unit it is time for sexual harassment/violence training? Let's change that! Anna shares her tricks and tips to engage your audience to discuss these important topics and ensure each person walks away with doable actions and empowerment. She breaks down how to use language to speak to potential perpetrators and victims/survivors that may be in your sessions. She engages you through conversation, video, and activities, so you can engage others!

OUR SILENCE: SUICIDE AWARENESS & PREVENTION

Audience: SHARP/SARC/SAPR, Law Enforcement, Advocates, Prosecuting Attorneys, Title IX & Campus Safety, Mental Health, Conferences, Criminal Justice Courses, University Students, Military Bases, Businesses

Length: 1-3 hours

Through true stories, interactive conversations, videos, and dialogue, Anna engages professionals in the field or general audiences on the importance of recognizing the signs of suicide and how to create a culture of prevention. She works to remove the stigma that conversations around suicide hold in our culture while giving tools and tips for each attendee to walk away with.

"Your demonstration of resilience, strength, and determination resonated with everyone who joined. By sharing resources, more individuals are now informed of options available to them and those around them."

-Lieutenant General, US ARMY



STALKING IN SPORTS

Audience: University and Professional Athletes, Managers, Title IX & Campus Safety

Length: 1-2 hours

Athletes in the spotlight face a significant and growing challenge as they manage their fan base and people who are not cheering for them. In this session, Anna helps athletes and those who work with them unpack how to navigate public life, safety plan against stalking and harassers, and build the tools they need to thrive in their careers. Additionally, Anna helps athletes understand how to use their voices to stand up against stalking and help create change!

STALKING: ACADEMY TRAINING

Audience: Law Enforcement, Criminal Justice Courses, Advocates, Prosecuting Attorneys

Length: FULL Day

This full-day training combines components of Anna's other trainings and brings in data-driven information. Anna educates attendees on the crime of stalking, victimology, and trauma-informed practices. She brings in her own case study and allows participants to work on her case while considering various practices, privileges, biases, personality types, and survivorship. Attendees walk away with a better skill set and knowledge of stalking, sexual assault, the impact of crime, victim-centered practices, and an understanding of the complexities of trauma.

Attendees will learn how to:

- Understand the nuances of stalking and its intersection to other violent crimes
- Learn about victimology and trauma-informed practices when working with victims of crimes
- Work a stalking case with best practices
- Look at the importance of victim impact statements
- Gain insight into empowering victims of crime to continue through the criminal justice process

This training is catered to and adjusted to each audience.



*"I don't know if I've ever heard anything more powerful... maybe as powerful, maybe, but I really don't think so. I do not get dumbstruck very easily, but hearing Anna made me feel like I just went ten rounds with Mike Tyson."
-Law Enforcement Review*

SERVICE INDUSTRY: RECOGNIZING AND RESPONDING TO SEXUAL ASSAULT, HUMAN TRAFFICKING AND DOMESTIC VIOLENCE IN THE SERVICE INDUSTRY

Audience: Resorts, Inns, Hotels, Restaurants, Bars

Length: 1 - 4 hours

Having worked in the service industry off and on since she was 16 years old, Anna knows it well! We want to think that each of our guests are safe and having a wonderful and consensual time. We all serve to please. But sadly, this is not always the case. Statistics alone will show us that sexual assault, human trafficking, and other crimes occur weekly at our inns, restaurants, bars, and resorts. Through storytelling, facilitated conversation, statistics, exercises, and response Anna will teach attendees how to recognize and respond to sexually related crimes that may take place at their businesses and how to support their employees. Additionally, Anna will give attendees tips and skills to empower their employees to serve guests while safely maintaining their agency and voice.

Attendees will learn how to:

- Addressing Human Trafficking
- Advocating for the safety of your employees
- Responding to Sexual Assault
- Creating a culture of safety

This training session is curated to the location and clientele.

"We have gotten so many great reviews from our staff on your program! It was engaging and thought-provoking. You have helped us identify areas where we need to revise or implement new policies."

- Sugarbush Ski Resort





Are you ready to stand up?

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