



S.A.F.E. · SITUATIONAL AWARENESS FOR EVERY ENVIRONMENT

Safer, clearer, more confident teams.

Corporate training in personal safety, situational awareness and communication, delivered on-site across Europe.

FORMATS

Half-day · Full day · Modular

LANGUAGES

English · Romanian

DELIVERY

On-site, across Europe

WHY S.A.F.E.

Stay safe. Be heard.

Two worlds of experience in one program: decades in special intervention units and elite martial arts, and nearly two decades in front of TV cameras and live audiences. Every session is practical: participants leave with techniques they can apply the next day.

01

Situational awareness & safety

Read people and the environment, spot danger indicators early, react effectively.

02

Self-control under pressure

Breathing and self-regulation techniques from tactical and martial-arts training.

03

Confident communication

Structured messages, storytelling and body language for presentations and meetings.

04

Presence on stage & camera

Handling exposure, stage fright and the camera, for leaders and spokespeople.

FORMATS

Choose what fits your calendar.

Half-day

Approx. 4–5 hours, two to four modules. Ideal for team events, offsites and conferences.

Full day

A complete program covering safety, self-control and communication, with more practice.

Modular

One module per session, spread over weeks or months, easy to roll out across locations.

METHODOLOGY

- ✓ Built from real situations and your team's day-to-day context
- ✓ Short theory, then guided practice, exercises and feedback
- ✓ Each topic taught by a trainer who specializes in it
- ✓ Full discretion: we never publish client names without written consent

MODULES

Build your program from these modules.

Communication & Personal Safety

Full program · approx. 5 h

Combines personal safety and self-control with clear communication, public presence and confidence on camera. Delivered for CONAF Argeş, October 2026.

Cezar Cristea & Daniel Pavel

SAFEBUILDING – Personal Safety & Self-Control

90 min

Fundamentals of personal safety, fast and effective reactions adapted to the environment, setting boundaries and self-control.

Cezar Cristea

Psychophysical Optimization – Breathing

90 min

Breathing techniques presented and practised in the group, for calm, focus and control under pressure.

Cezar Cristea

Self-Protection

Module

Reading the room and the environment, danger indicators and early decisions before situations escalate. Awareness, not fighting.

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Psychology of Exposure & Body Language

30 min

Preparing for the stage or camera, handling stage fright, stage presence and reading the room.

Daniel Pavel

Storytelling & On-Camera Presence

30 min

Structuring a message with stories and communicating authentically on video.

Daniel Pavel

Public Speaking

Module

Clear, confident talks: structure, voice and body, handling nerves and questions.

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Time Management

Module

Planning, prioritizing and protecting focus, so time goes to what matters most.

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TRAINERS

The people behind the program.

Cezar Cristea

Former head of combat training at the Special Intervention and Action Service (SIAS) of the Romanian Police and former tactical operator in the anti-terrorist unit of the Protection and Guard Service. Associate professor at the Police Academy, 6th Dan Karate, 5th Dan Kobudo and Unifight, Merited Master of Sport.

Safety · Self-control · Breathing

Daniel Pavel

TV and radio host with 18+ years in media, best known as the host of Survivor Romania (Kanal D, then PRO TV, 2021–2025). Former merchant navy officer and engineer, chief editor in print and radio, master of ceremonies for galas and international events.

Exposure · Body language · Storytelling · Camera

HOW WE WORK

From first call to training day.

1

Discovery call

We learn about your team, context and goals.

2

Tailored proposal

Program, format, schedule and quote built around your needs.

3

On-site delivery

At your premises or a venue of your choice, in Romania or across Europe.

4

Follow-up

Key takeaways and options for follow-up sessions or new modules.

LET'S TALK

Get a proposal for your team.

safe.com.ro/for-companies · contact@safe.com.ro