



# “The Lady Was A Cop”

**Nancy Hightshoe, M.A.**  
Empowerment Coach

*Programs on  
Personal Safety  
Leadership / Resilience  
Negotiation & Motivation*



314-865-2944  
Nancy@NancyHightshoe.com  
www.NancyHightshoe.com

As a pioneer in the area of women in law enforcement and in teaching personal safety to all ages, Nancy Hightshoe offers seminars and *LifeSkills* coaching ***designed to fit your needs.***

Nancy Hightshoe was one of the first women in the nation to become a uniformed patrol officer. Alone & carrying a .357 magnum, she worked the night shift patrolling a 77 square mile area.

Promoted to Detective, she was assigned to Crimes Against Persons. The national average for clearing these personal assaults is 49%. Detective Hightshoe's rate of success was 85%.

Today, Citizen Nancy Hightshoe is a foremost expert on *Personal and Professional Empowerment*. She speaks and presents training programs to groups of all types – corporations, associations, government agencies and educational institutions on personal safety and on professional success.



## FBI states that Violent Crime has increased.

### Expert in:

- Safety, Security & Survival
- Personal & Professional Effectiveness

- Certified Woman-Owned Small Business
- Conducted seminars throughout the United States and 17 foreign countries
- Business & *LifeSkills* Coach
- NBC Affiliate Consultant
- Fortune 100 Corporate Spokesperson
- Successful Entrepreneur
- Bachelor of Arts in Psychology
- Master of Arts in the Administration of Justice
- Master of Arts in Human Relations
- POST-Certified Instructor (Police Officer Standards & Training)
- Named to *International Who's Who of Women*

### Los Angeles Times

By Jordy Yager, Los Angeles Times Staff Writer  
September 25, 2007

WASHINGTON — Violent crime increased in the United States in 2006 for the second consecutive year, continuing an upward climb after more than a decade of declines, according to statistics released on Monday.

Violent crime incidents—defined as homicide, rape, robbery and aggravated assault—increased 1.9% to 1.41 million, in 2006. . . .

The volume of violent crimes was higher than expected; preliminary data released by the FBI this summer showed a 1.3% increase over 2005. . . .

. . . Fox said the increase in violent crime could be attributed to a mix of factors, including more gang activity and less law enforcement. And the nation is "not dealing with the gun issue as aggressively as we were a decade ago," he said. . . .



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# Are you Safe?

- Day-to-Day Living in Safety
  - Your Risk Factors
  - Smart Action Plans
  - Teaching Your Family
- Traveling in Safety
  - Airport Safety
  - Hotel Safety
  - Cash/Credit Card Safety
- Working in Safety
  - Incidents of Violence
  - Measuring and Managing our Risk
  - Precipitating Events / Effective Responses

Remember September 11, 2001? Terrorism changed all of us. Securing your safety may not be as treacherous as staving off those seeking to destroy a county. However, it's clear that we need training from a street smart professional.

**The best defense is a strategic offense.**

Don't wait until something happens to react. Be prepared. Be educated. Nancy Hightshoe will help you succeed.



Presenting "Business Survival Tactics for Entrepreneurs" for Saint Louis University (SLU)

Find Out Why Security Based Operations such as:

Boeing

FBI

NASA

U.S. Census Bureau

have hired Nancy Hightshoe for her expertise in the field.



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April 11, 2007

Gentlepersons:

In March of 2007, Nancy Hightshoe was retained to lead a Personal and Office Safety Workshop for several engineering teams at our Austin, Texas project office. We quickly found that Nancy takes her assignments very seriously. She spent considerable time interviewing staff and preparing a tailored curriculum based on our unique circumstances. Her forethought to pre-deploy supplies and ensure the readiness of the presentation maximized the benefits of the workshop.

Her suggestions for use of her newsletter to promote the workshop resulted in the attendance of 95 percent of the targeted staff. Nancy's advanced preparation, high energy levels, and appropriate humor resulted in a very effective presentation that was well received by all employees. Since that time, management has implemented a number of her suggestions for security enhancements, finding them to be practical and cost effective. Individuals have similarly begun developing personal plans to maintain their workplace and personal safety. Along the way, Nancy has continued to be available as a resource, answering questions and offering additional suggestions.

In summary, we find Nancy to be a valuable resource and are very pleased with her Workshop and its results. It is with pleasure that we recommend her services to others.

Respectfully,

  
Russell Zapf, P.C.  
Vice President



**“tailored curriculum”  
“very effective presentation”  
“I wholeheartedly recommend”**



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Client: G. Zapf, Inc. - Carter Burgess

July 31, 2007

To Whom It May Concern:

I have had the pleasure of attending several of Nancy Hightshoe's programs in the past and have wanted to invite her to Guarantee Electric for a very long time. Nancy presented her program "Staying Out of Harm's Way" to our employees July 26, 2007, and it was enthusiastically received by all who attended. Not only was her presentation thought-provoking, informative and interesting, but Nancy's engaging personality ensured the audience's rapt attention. A number of people approached Nancy after the program to speak with her privately.

Nancy's presentation provided the audience with safety tips that can be easily remembered in threatening situations. People commented that they will definitely pass these safety tips on to their teenagers, as well as parents who live alone and are particularly vulnerable. She gave real life examples that people can relate to, making it easy to visualize themselves in the same situations.

Employees made a point of telling me how much they enjoyed and appreciated Nancy's presentation. As a result of attending this seminar, a number of people have purchased safety alarms for themselves and members of their family.

I wholeheartedly recommend Nancy's programs and hope that we can invite her back sometime in the future.

Sincerely,

Linda McGillis  
Human Resources Manager

*Building on our past. Connecting to the future.*



- AFLAC Insurance
- Monsanto
- American Soybean Assoc
- Nat'l Assoc of
- AT&T
- Women Business Owners (NAWBO)
- Avon
- Nestle Purina
- Blue Cross/Blue Shield
- Sheraton Hotel Corporation
- Charles Schwab & Co
- Visitation Academy – Grade, Middle & High School
- Coldwell Banker Gundaker
- Washington University
- Costa Cruise Lines
- YPO (Young Presidents' Organization) – United States & Internationally
- Electronic Data Systems (EDS)
- Lexmark, International
- and many more...

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- Customized Presentations
  - Audience Specific
  - Interactive
  - Unique
  - Entertaining
  - Educational
  - Motivational
  - Goal-Oriented
  - Action Plans
- Developed

**To discuss how we can customize a seminar to meet your organization's unique goals and challenges, please call Nancy at 314-865-2944.**

- Leadership: The Power to Inspire
- Resilience / Change Management
- Negotiation: The Art of Persuasion
- Conflict Management
- Preventing Workplace Violence
- Personal Safety:

As an expert on personal safety, Nancy has presented hundreds of customized safety programs to a wide variety of audiences throughout the world. We look forward to developing a unique seminar to meet your specific safety needs.



**Police Academy Graduation**

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# Personal Safety Programs

*A Partial List of the Focus of Past Programs...*

## Business and Adult Safety Seminars

- Busy Professionals who, with demanding schedules, are often not paying enough attention to their safety
- Business travelers who face unique issues - especially when traveling overseas
- Real Estate agents who are frequently alone with strangers
- Nurses and others who work shifts and often walk onto empty parking lots at odd hours
- Meeting Planners and their conference attendees who are often stressed, tired and in unfamiliar locations
- Partner and spouse programs with individuals who take the information back to their families and communities
- Individuals of wealth who are at risk of being kidnapped for ransom
- Executives and their families who are at risk not only of ransom demands but also grudges against the company
- Preventing Workplace Violence seminars to prepare employees and management teams
- Utility workers who are at risk from disgruntled customers when they are effecting a disconnect

- Evangelists who go door-to-door sharing their concern for the well-being of their neighbors
- Senior Citizens who lead active, busy lives and feel vulnerable
- Preventing Identity Theft - from both the individual and the organizational perspective

## College, School and Family Seminars

- Students in high school & college who are in a high-risk group for many crimes
- Children who learn how to be safe from child molesters and abduction (Kindergarten - 8th grade)
- Families - where safety becomes a project involving everyone from grandparents to the little ones



Demonstrating "How To Escape From A Hold"

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# Safety Articles

(We would be happy to e-mail any of these articles to you)

## Business and Adult Safety Articles

- The Belt And Suspenders Philosophy Of Risk Management
- Counseling Friends and Loved Ones: When Someone You Care About Is A Victim Of Assault
- Emergency Preparedness & Meeting Planning / Business Travel During A Crisis
- Escaping a Parking Lot Abduction
- Mall (Or Other Public Location) Shooting – What Would You Do?
- Personal Safety Means Commitment
- Safety Tips For The Holidays – And Beyond
- Surviving a Life-Threatening Experience – International Safe Traveling

## Student, Family and Child Safety Articles

- From Campus To Crime Scene: Lessons In College Security
- Keeping Our Children and Families "Out Of Harm's Way" Safety Tips
- Teaching Your Child To Be Courageous...And Safe

## The Stories Behind The Statistics

- An Article **About My Background** in [The Visitor](#). I made an interesting transition from being taught by cloistered nuns and attending the University of Missouri-St. Louis for a degree in Psychology - to being invited to fights-in-progress at taverns in a high crime area.

## Business Articles

- **Conflict Management:** Secrets For Managing Conflict
- **Customer Service:** Customer Service: Myth Or Magic?  
Earning Customer Loyalty
- **Effective Media Relations**
- **Negotiation:** Secrets Of Successful Negotiating
- **Resilience:** The First Secret Of Resilient Individuals  
And Organizations – You're Okay Right This Moment
- **Resilience:** The Second Secret Of Resilient Individuals  
And Organizations – You Have Just Enough Time To...
- **Strategy – Change Management:** The Difference  
Between A Business Imperative And A Good Idea



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