



# AWAKEN THE WARRIOR WITHIN

The RISE Warrior Method™ is now in Ohio

This is not just a workshop.  
It's a reclamation.

This is not just skill.  
It's a stand.

We train because we will  
no longer walk in fear.

**We RISE, together.**

## A two-hour, trauma-informed workshop for women

Designed to build resilience, confidence and independence rooted in practical skills and real-life scenarios.

## RISE Warrior Method Manifesto™

I am **Resilient**. I have risen through storms they never saw. My scars & wrinkles are maps and lessons learned. My past is not prison – it's my proof.

I am **Inspired**. I lead by example. I speak with courage. I breathe life into silence where fear once lived.

I am **Strong**. My strength is not measure in fists or flex, it's in how I stand, how I speak, how I hold the line for myself and others.

I am **Empowered**. I move through the world on my own terms. I know my worth, I know my boundaries, and I know how to protect both.

## What You'll Learn

- Practical techniques to protect yourself
- How to respond under stress
- Confidence that follows you everywhere

## Contact & Book

<https://www.riseunitedva.com/>

Call or text (304) 804-RISE (7473)

Now booking across Ohio and surrounding areas

Brandy Nettle, Co-Founder & Warrior

[Brandy@RISEUnitedVA.com](mailto:Brandy@RISEUnitedVA.com) tiktok @brandy\_unleashed



**RISE United**

Resilient - Inspired - Strong - Empowered

RISE United LLC is proud to be  
women and veteran owned.