



Yehudit Zicklin-Sidikman

Activist. Global Speaker. Sensei.

## Testimonials

*“ From the moment Yehudit joined our WMM community, we knew she would be one of our most engaged members. Her enthusiasm and tireless work to bring the importance of Empowerment Self Defense to light is incredibly admirable and needed. When Yehudit took the stage at our 2018 Annual Summit as a panelist and later led an ESD workshop for attendees, it was clear to all – she is a fearless leader who is always striving for more – new ideas, new connections, and new collaborations – all with an end goal of eradicating violence against women and girls across the globe. We can’t think of a more passionate and dedicated person to lead that charge!”*

~ **Amanda Griffin, Director of Community Engagement, Women Moving Millions**

*“ Yehudit is a dynamic speaker. Her presentations not only offer practical information on how to stay safe, but also the inspiration to give us the moral courage to act to protect ourselves.*

*Her natural energy and enthusiasm translate into an entertaining and impactful seminar that is life-changing for participants.”*

~ **Erin Michelson, CEO, Summery**

*“ Yehudit tells it like it is. You are strong. You are capable. You deserve to live a violence-free existence. And if someone chooses to threaten that safety, you have powerful options!*

*Her deep well of experience and knowledge, in combination with her approachability and humor, makes her one of the leading voices in the anti-violence movement today. For the sake of women and children everywhere, I am so grateful to Yehudit for doing her big work in the world.”*

~ **Erin Weed, Founder of Evoso Academy and Girls Fight Back**

*“ It’s lonesome being a pioneer with “radical” freedom ideas, like, oh, for instance, women and girls being in the world with the right to take up space and be safe. Yehudit came along and lifted me up, dusted me off, gave me new blood and breath; she took the ball that so many of us have had in play, and RAN with it. Yehudit chimes a perfect note on at least 3 levels; intellectual, spiritual and physical. Western and male-dominant bias basically*

worships the intellectual without the integration of all of our whole being: spiritual, physical and intellectual natures. She understands that uplifting all genders is a major element to having the world work for all of us. We are a movement, all for one, and one for all.

Go Yudit, Go!!!"

~ Ellen Snortland, award-winning columnist and author of Beauty Bites Beast, co-author of The Safety Godmothers, writer/director of the documentary Beauty Bites Beast, and the upcoming book, Biting the Hands That Squeeze Us

“ Working alongside Yehudit for more than a decade and a half has given me the privilege of learning to understand what it means to be devoted to pursuing a goal.

With astonishment, I watch her indefatigable spirit of action, the way she revitalises and maintains relevancy, the cooperation that she creates, her optimism that there is good in the universe, and her faith in the ability of people to choose between good and evil.

As with everything of significance, I have seen ups and downs. But Yehudit's desire to act, to give, and to make certain that every single person has the right to be safe is heartening. She continues to walk, run, speak, and enthrall. She can make you cry with laughter. She is humane. She will raise your spirits.

She fills the world with hope and inspiration, all while remaining grounded and by imparting a few simple skills.”

~ Chana Weinberger, Director of Educational Development and Training

“ Through her organisations El Halev and ESD Global Self-Defense, Yehudit has brought healing and self-discovery to a lot of women from all over the world!

A fine judoist (with plenty plenty black belt steps), Yehudit teaches Empowerment Self Defense to women, children and men.

One of her favourite quotes is "shift happens." There are a lot of ways to interpret this, but to me, it means that women have shifted from being the weak and easy prey to recognising their ability to respond (to be response-ABLE) to attacks.

Yehudit is a book for academic study and discourse, and an everyday inspiration. She is committed to making our world a safer place to live in by making sure women connect with all the right tools to use in saying NO to harassment, mistreatment, and oppression of any kind, from anyone!”

~ Adanma Nwokoma Olowa, Producer/Presenter Radio Nigeria, Corporate Instructor, YOUPEDA, ESD Global Graduate

