

Retired Lieutenant Trish Hoffman, Self-Defense Expert



Trish Hoffman graduated with her Bachelors Degree in Interdisciplinary Studies from Freed Hardeman University in 1992, and a Master's Degree specializing in Management and Leadership from Webster University.

Trish Hoffman moved to Albuquerque in 1994 and began her career with the Albuquerque Police Department (APD). In 2001, Trish founded, Women Against Crime©, a program focused on empowering women to take a stand against violent crime.

In 2004, Trish was the youngest woman to be honored as the recipient of the *Governor's Award, Women of the Year*. In 2005, Trish was the recipient of the *Women Changing America* award through Congresswoman Heather Wilson's office. In addition,

Trish has been recognized in numerous capacities throughout the Albuquerque community and State of New Mexico for her work involving women's safety.

Trish retired from APD in December 2017 after 23-years of working as Public Information Office (PIO), Internal Affairs, and the Aviation Division including K9/Patrol as Lieutenant. Trish has more than 10 active certifications and specialty trainings comprised of leadership, self-defense, defensive tactics, and crisis intervention.

Trish's current focus is utilizing her professional expertise and personal experience to train women to take their power back through Women Against Crime© self-defense programs. Women Against Crime© offers public workshops, corporate training, and seminars across the country. To learn more about Trish and her trainings, please visit <http://womenagainstcrime.com>.