

# CounterPunch Program Outline

## Phase 1 *Stepping into the Ring*

- Learn the basics of physical preparation, physiology and boxing technique.
- What should I eat, lifestyle education.
- How to set and achieve value linked goals.
- Problem solving and have fun doing it!

## Phase 2 *Mastering your Ring Craft*

- Develop your CV!
- What is the Performance Jigsaw?
- The 4 C's of Mental Fitness
- Techniques and tactics of boxing.
- Techniques and tactics for life.
- How to use values to change behaviour.

## Phase 3 *Master Your Self*

- How to feel good by changing your physiology.
- Clean the windscreen and change your perspective.
- What motivates me? What do I need?
- What's important to me? Who's the boss?



## **Attention Education, Health and Youth Providers, Parents and Coaches!**

Are you looking for a behavioral training system that actually works and enables you to take action immediately to optimize the potential of young people?

## **Become a CounterPunch Facilitator!**

Delivery comprises physical activity and discussion in simple language and free of Jargon

**When?** Wed 06th to Fri 08th Dec 17

**Where?** 10 Wilson Court Mt Barker SA

**Cost?** This three-day intensive interactive workshop costs \$997

**What do you get?** A fun learning experience with a complete toolbox to take action immediately with session by session plans and resource pack.

**How do I Register?** Contact Merc  
Email: [merc@counterpunch.com.au](mailto:merc@counterpunch.com.au)  
Web: [www.counterpunch.com.au/facilitator](http://www.counterpunch.com.au/facilitator)  
Mob: 0411533004

*"I love the evidence based nature of the program and the ease with which it can be built into student's educational programs. CounterPunch has become a core element of our school wide wellbeing program that has proven effective in all aspects of student's lives"* Beth, Psychologist

*"CounterPunch changed my son's life completely. It has increased his self-esteem hugely, helped him overcome anxiety and fear, now exhibiting tolerance and empathy. He has ceased all medications and counselling and is active and healthy"* Henry, Parent

*CounterPunch has been a valuable addition to our student learning and wellbeing. Students are motivated and have developed some really positive decision-making skills at school, at home and in the community"* Sarah, School Principal



*"Great for my focus and confidence, taught me self-discipline. It helped me with everything in my life".*

**Connor, Client 15 yrs**

*"I was really impressed with the delivery. I availed of the professional learning and have found it invaluable to me as a teacher"*

**Reg, Teacher**



## What is CounterPunch?

**CounterPunch** combines Psychology, Sports and Exercise Science, and Boxing training to teach clients the skills and strategies to respond to life's challenges and opportunities.

The **CounterPunch** name is a Boxing term used to describe a "thoughtful intelligent response" to an attack, just as the **CounterPunch** strategy is an effective response to life's challenges enabling clients to choose positive outcomes with positive consequences.

Clients are motivated to allow themselves to contribute to their own learning experience, using a values linked combination of practical boxing skills, physical activities and Reality Therapy based Performance Coaching.

The physical activity is a powerful means to regulate emotions and develop an awareness of self. By identifying what's happening in the body as a result of physical activity clients begin to connect with their physical body, their thoughts and their emotions.

This connection is then related to life's challenges and a toolbox for effective communication and performance is established to optimize potential.

**WHO IS COUNTERPUNCH FOR?** Mercedes specialises in Teenage clients who are struggling to regulate their emotions, have difficulty managing their anger and/or anxiety, lacking confidence, Low self-esteem, difficulties with peers or struggling with relationships.

**HOW IS COUNTERPUNCH DIFFERENT?** This program is unique in that it uses physical activity as a medium of therapeutic intervention combined with a Reality therapy / Choice Theory framework. CounterPunch has been trialed for a number of years in Ireland, Tasmania and the Northern Territory during which time it has been validated by the Menzies Research Institute.

Initially clients participate in individual sessions and can opt to transition into ongoing group based programs that provide on-going support as needed.

**HOW DO I REFER CLIENTS?** Clients can be referred by contacting Mercedes directly. If bulk billing a GP referral letter is required.

Email: [Merc@counterpunch.com.au](mailto:Merc@counterpunch.com.au)

Web: [www.counterpunch.com.au](http://www.counterpunch.com.au)

Facebook: Counterpunch/life

Twitter: @counterpunchbox

Mob: +61411533004

**Our Mission** "To Connect Relate and Communicate with each other, realise our purpose and fulfill our potential "

## The CounterPunch Founder

Mercedes Taaffe-Cooper is a best-selling Author, a registered Psychologist (MSc Clinical Psych, APS), Sports and Exercise Science graduate (BSc Sports Science) and an International Boxing Coach with over 35 years of presenting and coaching experience.

Born in Sligo, Ireland, Mercedes initial sporting involvement was with Kickboxing, later specialising in Boxing becoming one of Ireland's most successful coaches. Mercedes moved to Australia in late 2006 and went on to develop **CounterPunch**, with the support of the NTG and validation from Menzies Research Institute.

Passionate about connecting with and enabling people to reach their potential, Mercedes ambition is to see CounterPunch integrated into School Curriculums.

How to become a CounterPunch Facilitator

[www.counterpunch.com.au/facilitator](http://www.counterpunch.com.au/facilitator)

