

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?
- Make the Change!



Attention Combat Sports 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? Fri 14th, Sat 15th & Sun 16th
April 2018

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 Web: 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 FACILITATOR TRAINING FOR?

Mercedes specialises in training Coaches who teach combat sports to adolescent clients. She believes combat coaches are in a unique position to influence 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 combat sport and physical activity as a medium of therapeutic intervention combined with a Reality therapy / Choice Theory framework. CounterPunch has been trialled 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 coaches complete an intensive 3 day training to become certified as foundation Counterpunch trainers. They receive the program pack with session plans and resources and on going support through the CounterPunch Facilitators face book closed group. They will also receive six months free membership of CounterPunch online program which launches in June 2018

HOW DO I REGISTER?

Email: Merc@counterpunch.com.au

Web: 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 Taafe-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

