



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 group based sessions 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

Web: www.counterpunch.com.au

Facebook: Counterpunch/life

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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

