

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 program that actually works and enables you to take action immediately to optimize the potential of the young people you work with?

You are Cordially invited to a CounterPunch Information Session

Tues Sept 19th

730pm to 930pm

Riverside Hotel, Sligo

With CounterPunch Founder Mercedes Taaffe-Cooper

"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