



BILLY SCHWER

The
MENTAL BOXING[™]
Workshop

Who is Billy Schwer?

Billy spent 20 years at the top of his field in arguably the most gruelling and demanding sport there is - Boxing. During his professional career he won **British, Commonwealth, European and IBO World Boxing Titles.**

Billy may be best known for these many trophies and titles but they are the result of a remarkable journey. Billy truly knows the meaning of **discipline, dedication and desire.**

What is Billy Schwer's Mental Boxing Workshop?

Billy adopted a **consistent mental approach** to every fight.

He has designed the workshop around the specific mind sets that were necessary for him to succeed in a 12 round championship fight; **these states of mind can be translated to the business environment to produce world class results.** This made him one of the most **consistently successful fighters** Great Britain has ever seen.

The Mental Boxing Workshop will inspire and motivate you to realise that anything is possible.

Who is the Mental Boxing Workshop designed for?

Billy has worked with celebrities, athletes, entrepreneurs, teams, managers and leaders.

The Workshop is designed for any team that needs to **push their boundaries and produce extraordinary results.**



What does the Mental Boxing workshop cover?

A fast paced, fun and interactive day, participants will leave the workshop highly motivated, having learned practical techniques to create compelling goals, knowing how to maintain their own motivation and strive for success.

BEING ON TOP OF THE WORLD

- Boosting desires to create goals you're passionate about
- Breaking goals and visions down into attainable actions

THE INTERNAL OPPOSER

- Realising your biggest opponent is yourself
- How to turn your inner critic into your biggest ally

TAKING IT ON THE CHIN

- How to cope with results that aren't what you want
- Maintaining your own motivation

TRAINING SESSIONS

- Getting into success habits to support your goals
- How to focus on what works and ignore distractions

Mental Boxing has delivered results for teams, managers, leaders and businesses, demonstrating how having Discipline, Dedication and Desire mean that **"Anything Is Possible"**.

*Grainne Farrell,
Integrated Healthcare Business Manager, Astrazeneca*

By the end of the session the energy in the room was amazing! People were left feeling empowered and with specific actions which have really improved their performance and motivation.

*Gavin & Craig Wheeler,
Joint Managing Directors WDMP Communications*

The story really captivated the team but more importantly he delivered it in a way that everyone (the ladies too) could really relate to. It was personable, charming and real to the team. It has left them on a real high... and made them think about the future and how they should/could contribute.

