

TRANSFORMATIONAL DEVELOPMENT PROGRAMME

The Champion Mindset

Facilitated by: **Derek Williams (Sweet D)**
Former Heavyweight Champion of Europe
& The Commonwealth

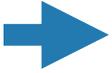


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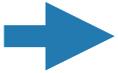
Non-Contact Boxing & Therapeutic
Wellbeing Practice For Work With Children
and Young People

By Derek Williams

Promoting Determination



Professionalism and the importance of education, skills, etiquette and spiritual well-being



High expectations of students, striving for success through transformation programmes, with the belief that every life can be transformed

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Our Programme: The Champion Mindset

Inspiring young people to make better-informed life choices and help them to contribute positively in school and the communities in which they live.

Goals

Our aim is to achieve transformational change in anyone that undergoes our 'Champion Mindset' Programme.

By following our **Alphabet** system we teach young individuals about self-worth whilst also looking after their physical wellbeing.

Some of the attributes our Alphabet System covers and improves:

Attitude

Behaviour

Confidence

Discipline

Etiquette

SMASH:

Strong Mind And Strong Heart

A disciplined non-contact boxing training programme along with motivational mentoring can be a valuable way to improve self-awareness, self-confidence, self-esteem, concentration and focus, communication skills, emotional regulation, assertiveness, behaviour, virtues, character strengths, confidence, resilience, and a wealth of personal qualities required to navigate through life.

SMASH is the acronym for Strong Mind and Strong Heart. The SMASH Programme promotes the idea of building willpower and self-mastery through structured and strategic physical and relational challenges, strengthening motivation and the ability to succeed.

The benefits of these sessions can be to develop the foundations of a 'champion mindset' in the young person's attitude to life. SMASH focuses on building the qualities and characteristics which champions have learned through their specialist training, endeavour, commitment, and coaching, enabling stability under stress and presence of mind.

Some children or young people might not get started with their engagement, give up on a task too easily, become distracted, blame others, feel defeated when it becomes challenging, which can all lead to negativity about themselves or others and a lack of attainment. This can be the start of a vicious cycle of disaffection, conflict, and avoidance of the demands of life. They may not have been mentored with the techniques required to conquer fear of feelings of failure or inadequacy, stay engaged, and ensure they don't quit.

A champion mindset is about having the ability to endure, having the will and determination to achieve, despite the challenges, remaining focused in virtuous cycles which can lead to success and accomplishment of goals, targets which have been set and human potential.

If young people do not have self-esteem, feel validated in themselves or able to manage their own emotions in constructive ways, this can lead to hostility or destructive behaviours. It can also increase possibilities of being vulnerable to school avoidance, disengagement, escalating behavioural difficulties, school exclusions, gang culture, county lines, sexual exploitation, or grooming. They may be more likely to have contact with the mental health and / or criminal justice systems with poorer life chances for thriving or flourishing in life.

Investing in children and young people's mental health and emotional wellbeing can be an early intervention to prevent potential problems with drugs, eating disorders, depression, anxiety, self-harm, youth and community violence etc. This can enable increased protective factors, encouraging safeguarding, minimising the risks which can lead to bigger problems.

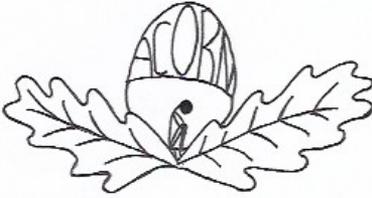
The use of boxing training as an empowerment tool is unique to its approach which tackles forms of anti-social behaviour by strengthening the young person's sense of self, personal values and principles, self-worth, and overall belief in their ability to achieve in life.

This programme can be delivered in education, health, social care or community settings. It is crucial that young people are equipped with the knowledge to manage themselves in ways which can resist the lure of gang culture and avoid becoming a target for exploitation.

SMASH promotes reflective skills and dialogue and is illustrated through boxing-based exercises, which define disciplined core values and principles, the importance of a union between the mindset and physical capacities, including the mind and the body connection.

*“Reaching for your goals starts in the mind.
Dedication allows you to achieve it!”*

Working with...



About the Programme Creator



Derek Williams (SweetD) is the former heavyweight Champion of Europe and the Commonwealth. He now spends his time giving back to society by caring about and directing youngsters with a misspent youth. Derek's main aim is to change the lives of those who may fall into a life of drugs or crime by showing them that there is a different way to succeed!

Facilitators:

Derek Williams (Sweet D) former heavyweight Champion of Europe and the Commonwealth.

James Cook MBE Former British & European Super Middleweight Champion.

Consultant:

Diane Fenton is our Head Consultant, monitoring each individual and assessing their development throughout the programme.

[View our programme \(11:53 mins\)](#)



Programme Pricing:

Weekly Sessions	Period	Cost
1	8 Weeks	£6,500
2	8 Weeks	£12,500
1	39 Weeks	£28,519
2	39 Weeks	£57,038

NB: The above prices as based on either one or two sessions weekly. We are happy to discuss bespoke packages and if you are looking for something unique to your organisation then please do not hesitate to contact us.

<Derek's signature>

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