



THE BOXING PROJECT

2018/19 IMPACT STATEMENT

CLAIM YOUR SPACE

EXPANDING

NORTH/EAST

Recreating the success of our southern hub, expanding to schools, community centres and workplaces

A YEAR IN REVIEW



540
PARTICIPANTS

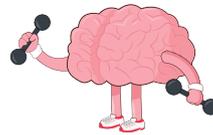
10 Continuing Programs
3 *New Programs*
5 *One-off Workshops*
3 *Day events*

97%

of our participants report improved relationship with their body

84%

feel they are calmer and have improved mental health



68%

are more confident in accessing support

OUR TEAM

2 NEW PEER MENTORS

2 NEW GROUP FACILITATORS

Our casual group facilitators internal succession to impact strategists North and South



03 New Board Members

**4 CONFERENCES
PRESENTATIONS
3 MEDIA INTERVIEWS
2 DOCUMENTARIES**

SPEAKING OUT

MIND & BODY: THE HOW

Non-Combat Boxing

Learning what your body is capable of, becoming mindful of your breath and strength. Standing with confidence, owning the space you occupy. Improving mental clarity, releasing tension and creating a strong core.

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Participant-led workshops increasing participants self-efficacy and Self advocacy. A holistic evidenced based solution.. Our Innovative whole of life approach targets times of transition and increased stress,



YOUNG BOXING WARRIORS: Increasing protective behaviours. In schools and youth centers



AMPLIFY: Empowering women to claim their space without apology. Delivered for workplaces and teams

YOUNG BOXING WOMAN : Physical literacy and emotional resilience
Ages 12 - 24



SPARITY: Sparring for Parity. Each paid adult session creates a free space for a youth participant
Ages 20+



Our youth program is free for participants, in an effort to make it accessible to all demographics. Your sponsorship and donations allows us to continue to bring our project into the community and create positive change. 100% of all proceeds go towards the running of our programs.

PARTICIPANT JOURNEY

My boxing adventures started just over 2 years ago when I met Shenali. I met her on a Wednesday and by the following Thursday I was addicted – I've been coming ever since. I was very much in a transitional stage of my life, having just graduated Uni and looking for full time work. It was a tricky time; navigating adulthood and developing my identity outside of educational institutions.

I'd barely done any sport since high school and despite being pretty confident in most areas of my life, my physical self wasn't something I was particularly proud of. I don't think I can ever begin to thank YBW for the impact it has had on my life. For the first time I am proud of the space I take up and confident in what my body is capable of (pretty amazing stuff!). I'm no longer afraid to sweat or make mistakes in sports and I have met some of the most incredible women through YBW, the kind that support, encourage, love and inspire.

Last year, I joined the YBW Board as the youngest member and I've never stopped learning since. I am so honoured to represent, participate and embody this organisation and I am so lucky to be a part of a group that practises inclusivity and empowerment at its core.

Maya

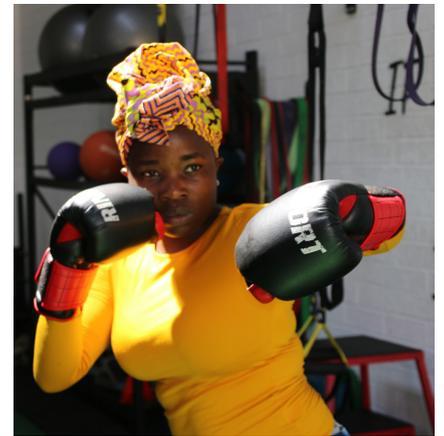


The first class I ever took with YBW was 3 years ago. It was the middle of my uni exams and I was trying to get some 'balance' and manage my stress and anxiety. I drove from Shenton Park to the Fremantle PCYC and arrived to discover I was the only participant that came to the class that day. After a gruelling one on one class, I remember leaving thinking that I had never pushed my body that hard physically, that I couldn't believe that I had gotten to the end of the class and actually enjoyed myself. Eventually a class opened up in Subiaco and conveniently for me was at the end of my street (no excuses). This time I went to the classes because I wanted to get look fit and get abs! It wasn't long before I looked down one day at my body at the end of one of the classes and thought to myself 'my legs look so powerful', it was the first time I had thought about what my body could achieve and not what it looked like. Now having moved and living on the other side of the river I started going to a new (closer) boxing gym, but I struggled to get to class or enjoy it when I got there. It was then that I realised I had stopped going to YBW to make my body look a certain way or to manage my stress or make my body more powerful, I was going to the classes because I enjoyed spending time with the people at the class and wanted to sit down and have discussions with people that saw the world in a similar way to myself. I wanted to sit in a space where I felt understood, appreciated and heard – that's what YBW gives me and I haven't been able to find it anywhere else.

Sara

BE THE CHANGE

Co-design is vital to our work. We believe our participants are the experts in their own experience. Our aim is to walk alongside them and offer support as they uncover and grow confidence in the skills they already possess. We work with local agencies in the delivery of YBW to increase participants awareness of supports available in their community, and build relationships which encourage future help seeking outside of the program.



Talk to us today about creating a project: Contact@theyoungboxingwomanproject.com

NEXT STEPS

Launching The Boxing Project online platform, allowing us to train the trainers and create change nationally. Pre-orders open.



EXPANDING THE ADULT SESSIONS TO 4 NEW LOCATIONS



NATIONAL TRAINING TOUR
AMPLIFY LAUNCH
GLOBAL EXPANSION

JOIN US

OCTOBER 5TH

Center for Stories: Side Walks - Taking Up Space

SEPTEMBER 10TH

Skills of the Modern Age: Six for Six

