TOGETHER WE CAN
INTERNATIONAL PTY LTD

EMOTIONAL REGULATION AND MENTORING

Counterpunch™ Different approach.



Different results.
This is not about creating fighters.

24
weeks: three structured 8 week phases

90 min
weekly structured sessions

Max 8
people per class, small mentoring ratios

A program that works differently

Counterpunch™ is an award winning, psychology based emotional regulation and mentoring program combining movement, boxing philosophy and practical life skills to help young people build confidence, resilience and control over their emotions.

Created by a clinical psychologist and world title holder for individuals struggling with traditional therapy and talk based approaches. Rather than sitting in a room talking about behaviours while dysregulated, participants learn through movement, connection, routine and real life strategies they can actually apply outside the program.

Counterpunch™ supports participants to

Regulate emotions
and reduce reactive behaviours.

Build confidence,
discipline and resilience.

Improve communication
and social skills, with practical coping strategies and emotional awareness.

Engage through hands on learning
and mentoring.

How Counterpunch™ runs

Delivered in a safe, structured and supportive environment by experienced and licensed facilitators.

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Program structure

- 3 structured 8 week phases (24 weeks in total)
- Small mentoring ratios, maximum 8 people per class
- No boxing experience required
- Graduation ceremony included
- Weekly 90 minute structured sessions
- All equipment provided
- Pick up and drop off available
- TWCI is a licensed Counterpunch™ provider

It is about helping people feel more in control of themselves, their emotions and their future.

Inside the program



MOVEMENT

Learn by doing

Movement, connection and routine.



REGULATION

Real life strategies

Tools you can use outside the gym.



NO EXPERIENCE

All equipment provided

No boxing experience required.

How to get started

1. We talk with you, and your support team if you have one, about your goals, interests and the support you need.
2. We ask some questions to help us get to know you better.
3. We create a tailored, individualised Support Plan just for you.
4. We complete assessments and intake documentation so we understand any additional support needs.

Ready to step into Counterpunch™?

Northern Hub
24 Langford Drive, Elizabeth
(08) 8252 5555

Southern Hub
1-3/65 Beach Road, Christies Beach
(08) 8186 5709

Riverland Hub
7 Bice Street, Barmera
(08) 8588 3278

SCAN TO ENQUIRE

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Mobile support across South Australia, virtual supports Australia wide