



CHAMPIONS BOXING COUNCIL

PRESENTS

CHAMPIONS AGAINST GENDER-BASED VIOLENCE



#CHAMPIONSAGAINSTGBV

WOMEN EMPOWERMENT PROGRAMME

COURSE PROSPECTUS



WWW.CHAMPIONSBOXING.ORG

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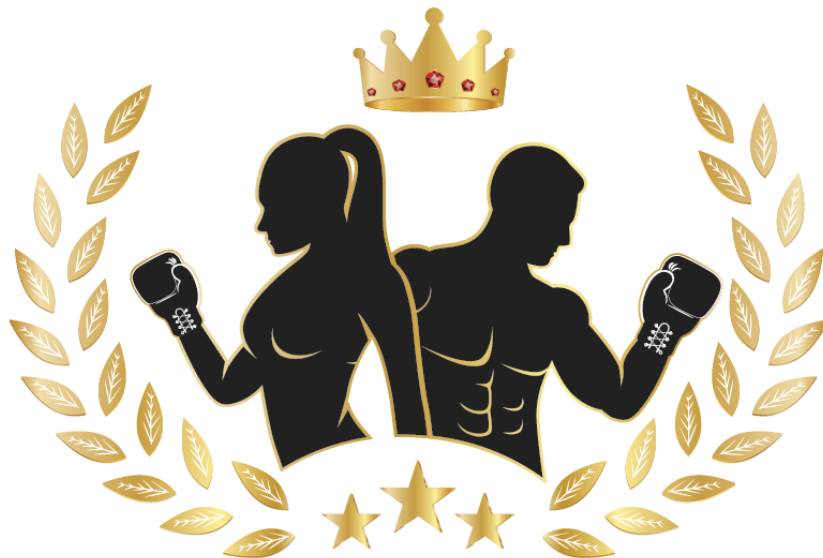
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ABOUT US

Champions Boxing Council of South Africa is a registered NPO and Civil Society Organisation Who has been Changing and Transforming Lives Since 1961 Using Sports, Education and Recreation as vehicles to promote human and societal development.

Through our established centres of Human Excellence & Development we provide access to services and facilities, which provide sustainable solutions to addressing societal issues, such as poverty, crime, gangsterism, substance abuse and gender based violence and femicide.

CHAMPIONS BOXING COUNCIL



TRANSFORMING LIVES
SINCE 1961

SOUTH AFRICA

VISIT OUR WEBSITE:

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WHERE TO FIND US



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INFO@CHAMPIONSBOXING.ORG



[@CHAMPIONSBOXING_SA](https://www.facebook.com/CHAMPIONSBOXING_SA)



CHAMPIONS BOXING COUNCIL OF SOUTH AFRICA



010 446 0242



071 183 9646



LOCATION

The programme will be facilitated and hosted at:

Champions Boxing Council

No 27 10th Avenue Cnr Albertina Sisulu Road

Maraisburg

Johannesburg

South Africa

ABOUT THE PROGRAMME

CHANGE YOUR LIFE IN 10 WEEKS

Champions Against GBV is a 10 Week Women Empowerment Programme aimed at providing support, opportunities and empowerment to women who have negatively been affected by gender based violence.

- **Have you negatively been affected by Gender Based Violence?**
- **Do you have your own business or interested in starting your own business, and need assistance?**
- **Are you ready to reach the next level of success in your life?**
- **Are you committed to transforming your life?**
- **Do you want to help others achieve their goals?**
- **Are you ready to become a Champion Against GBV?**

**If you have answered yes to more than two of the questions above,
THIS PROGRAMME IS FOR YOU!**

NB* This is the first administration of this specific programme and the first cohort is limited to 30 participants only.



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ACCESS AND SUPPORT

WHAT DOES IT ENTAIL?

Through the programme you will gain access to:

- Fitness and Boxing Programmes
- Self Defence Classes
- Counselling Support Services
- Nutritional Advice
- Motivational Seminars & Workshops
- Entrepreneurship and Business Development Coaching
- Financial Coaching and Advisory Services
- Professional Learning Communities and Communities of Practice

FEES

HOW MUCH DOES IT COST?

The programme is offered **FREE OF CHARGE to successful applicants!**

For Sponsors, The fee to sponsor a seat in the programme is R 13 500 .00

Any Donations , no matter how big or small are welcomed and appreciated.



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OBJECTIVES

HOW WILL I BENEFIT?

Through the programme you will learn how to:

- Set and Achieve your personal and professional life goals
- Master your own mind
- Cultivate positive habits
- Improve your physical fitness
- Overcome obstacles of life
- Build resilience
- Deal with conflicting situations
- Become an active advocate for social justice and social change

WEEKLY PRIZES

GET REWARDED FOR PARTICIPATION

Participate and you could win one of the amazing Weekly Prizes!

- Cash Prizes
- Shopping Vouchers
- Apparel
- Pamper Vouchers
- Mystery Gifts
- And Many more exciting surprises!



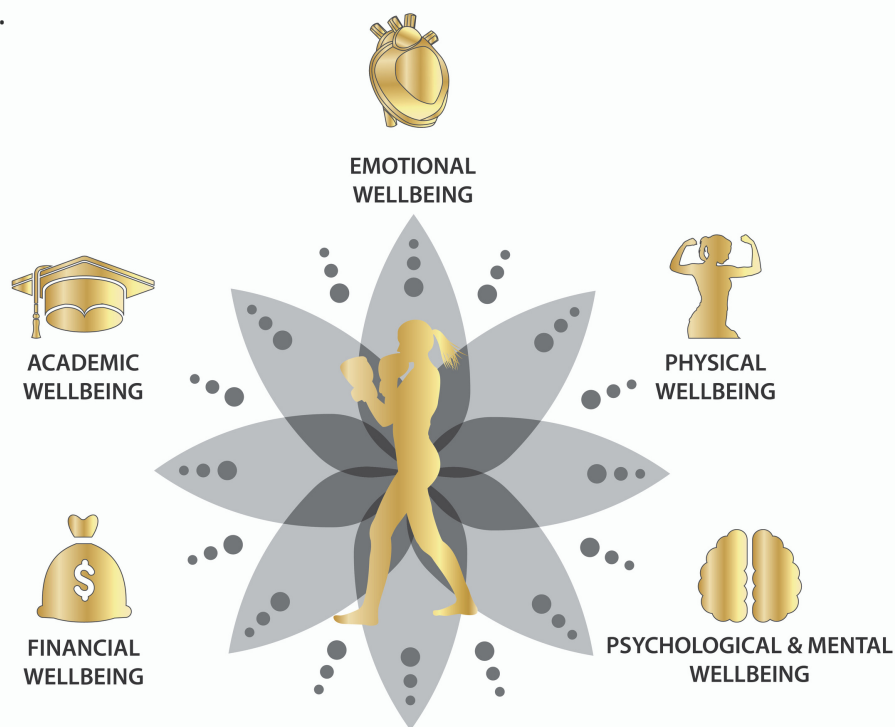
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OUR HOLISTIC MODEL

A CHAMPION EXCELS IN ALL AREAS

The programme takes a holistic approach to human development and wellbeing, and will empower you to reach the next level of success and prosperity in various areas of your life.

Through a rich and meaningful learning experience, you will unleash and realise your potential.



Our fun and exciting programme provides a Hands On, Hearts On, Minds On experience. Packed with exciting activities, and a supportive community to drive your journey of transformation, you can expect nothing but success.



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PHYSICAL WELLBEING

LOVE YOUR BODY, YOUR TEMPLE!

A state of physical well-being is not just the absence of disease. It includes lifestyle behavior choices to ensure health, avoid preventable diseases and conditions, and to live in a balanced state of body, mind, and spirit [1].

FITNESS

You will have dedicated access to a fitness facility where you will learn about physical fitness, and participate in various fitness classes.

BOXING & SELF DEFENCE

Boxing is a great sport for empowerment, building courage, determination and resilience. This programme will give you access to professional boxing classes, lessons and personal coaches. You will also learn about various aspects of self defence, from expert self defence trainers.

YOGA

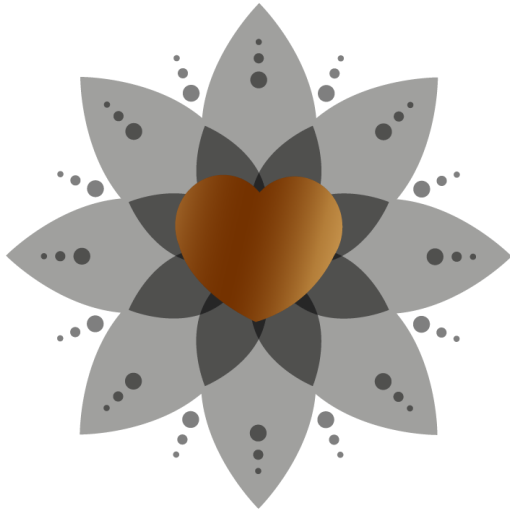
Yoga provides a broad range of healing benefits, including breathing, physical, mental, relaxation and others.



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EMOTIONAL WELLBEING

POSITIVE EMOTIONAL FREQUENCIES

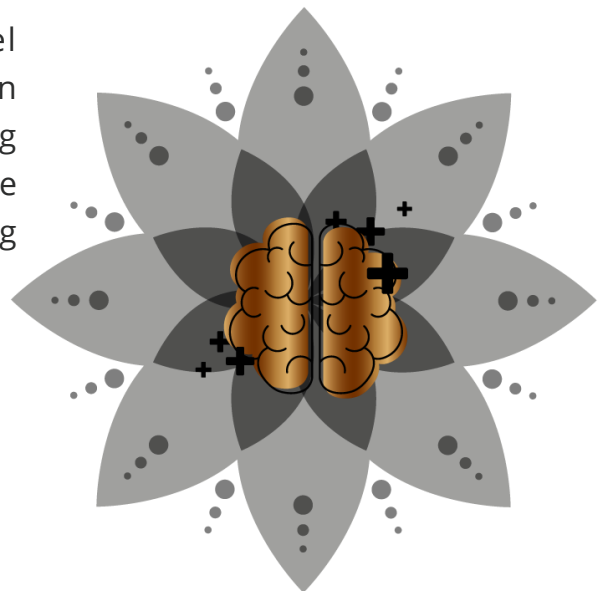


You will learn about how emotions impact the outcomes in your life, and how to harness the power of emotions in order to perpetuate a more pleasant life experience. The programme will provide you with a healthy environment and support structure to support the production of positive emotions.

PSYCHOLOGICAL WELLBEING

CULTIVATE THE GARDEN OF THE MIND!

Mental health affects how we think, feel and act. It plays an important part in developing resilience, grit and achieving your goals. The programme will enhance your mental and psychological wellbeing through various support mechanisms.

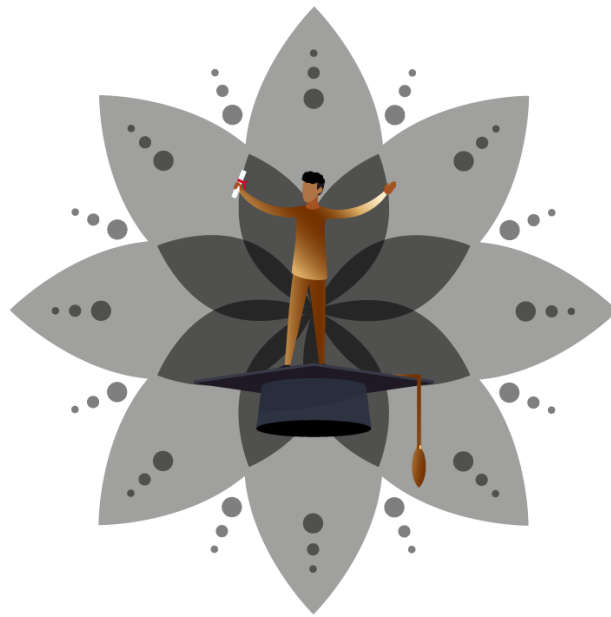


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ACADEMIC SUPPORT

EDUCATION UNLOCKS OPPORTUNITY

Education serves a great engine of personal development and equips you with greater social and economic mobility. We provide career guidance, support and access to help you achieve your academic goals. Whether it's studying, rewriting your matric, or online short courses, our programme will help you realise it.



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FINANCIAL WELLBEING

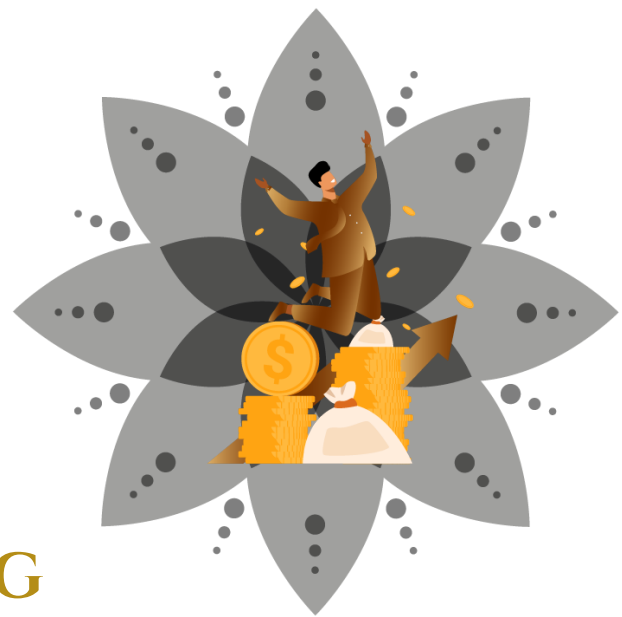
CLAIM YOUR INDEPENDENCE

It is evident that women who have negatively been affected by GBV suffer financial and economic harm.

The programme aims to empower you with the knowledge and skills to take financial matters in your own hands.

ENTREPRENEURSHIP & BUSINESS DEVELOPMENT

You will benefit from expert entrepreneurship and business coaching sessions, through a structured curriculum that will take your business to the next level. Over the course of the programme you will be given practical activities to help your business grow, create a business plan and apply for funding.



FINANCIAL COACHING

You will have access to financial coaches, who will help you with a plan to achieving your personal financial goals.



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**" THE FIGHT FOR GENDER
EQUALITY IS NOT A
WOMEN FIGHT.**

ITS A HUMAN FIGHT "

PLAY YOUR PART!

VISIT

WWW.CHAMPIONSBOXING.ORG

**AND FIND OUT HOW YOU CAN MAKE A
DIFFERENCE**

[#CHAMPIONSAGAINSTGBV](https://twitter.com/CHAMPIONSAGAINSTGBV)

DURATION

HOW LONG IS THE PROGRAMME?

10 weeks

Start: 10 October 2020

End: 18 December 2020

HOW DO I GET IN TO THE PROGRAMME?

Complete the application form
online on our website:

www.ChampionsBoxing.org

**Applications close:
21 September 2020**



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MODALITY

HOW IS THE PROGRAMME FACILITATED?

FACE-TO-FACE AND SELF STUDY (WITH ONLINE SUPPORT)

The programme is facilitated as a blended learning programme.

4 Days a week will be facilitated as Face-to-Face sessions, and will require your attendance.

Tuesday and Thursdays 16:30-18:30

Saturdays & Sundays 08:00 - 12:00

3 Days will be facilitated through an online support system and require self study.

NB* 100% attendance and participation is required!

All Face-To-Face Sessions will be hosted at The Champions Boxing Council Centre of excellence & human development in Maraisburg.



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STRUCTURE OF THE PROGRAMME

7 DAYS A WEEK

CHAMPIONS DON'T DO DAYS OFF!

Mondays

Self Study Activities

Tuesdays

16:30-18:00 - Physical Fitness / Boxing / Self Defence

18:00 - 18:30 - Group Counselling / Meditation / Motivation

Wednesdays

Self Study Activities

Thursdays

16:30-18:00 - Physical Fitness / Boxing / Self Defence

18:00 - 18:30 - Group Counselling / Meditation / Motivation

Fridays

Self Study Activities

Saturdays

08:00 - 10:00 - Physical Fitness / Boxing / Self Defence

10:00 - 12:00 - Business / Motivation

Sundays

08:00 - 10:00 - Physical Fitness / Boxing / Self Defence

10:00 - 12:00 - Business / Motivation



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TIMETABLE

WEEKLY TIMETABLES TO KEEP YOU ON TRACK!

Week 1: Programme Orientation		
Date & Time	Session	Venue
Saturday - 10 October 2020		
08:00 - 10:00	Session 1: Fitness	Champions - Maraisburg
10:30 - 12:00	Session 2: Business	Champions - Maraisburg
Sunday - 11 October 2020		
08:00 - 10:00	Session 1: Fitness	Champions - Maraisburg
10:30 - 12:00	Session 2: Life Coaching	Champions - Maraisburg
Monday - 12 October 2020		
All Day	Self Activities/ Counselling	Online
Tuesday - 13 October 2020		
-	Session 1: Self Activities	Online
16:30 - 18:00	Session 2: Fitness	Champions - Maraisburg
18:00 - 18:30	Session 3: Motivation	Champions - Maraisburg
Wednesday - 14 October 2020		
All Day	Self Activities/ Counselling	Online
Thursday - 15 October 2020		
-	Session 1: Self Activities	Online
16:30 - 18:00	Session 2: Fitness	Champions - Maraisburg
18:00 - 18:30	Session 3: Motivation	Champions - Maraisburg
Friday - 16 October 2020		
All Day	Self Activities & Reflections	Online

CURRICULUM MAP

THE ROAD TO CHAMPION

MODULE 1

3 WEEKS

MODULE 2

3 WEEKS

MODULE 3

3 WEEKS

MODULE 4

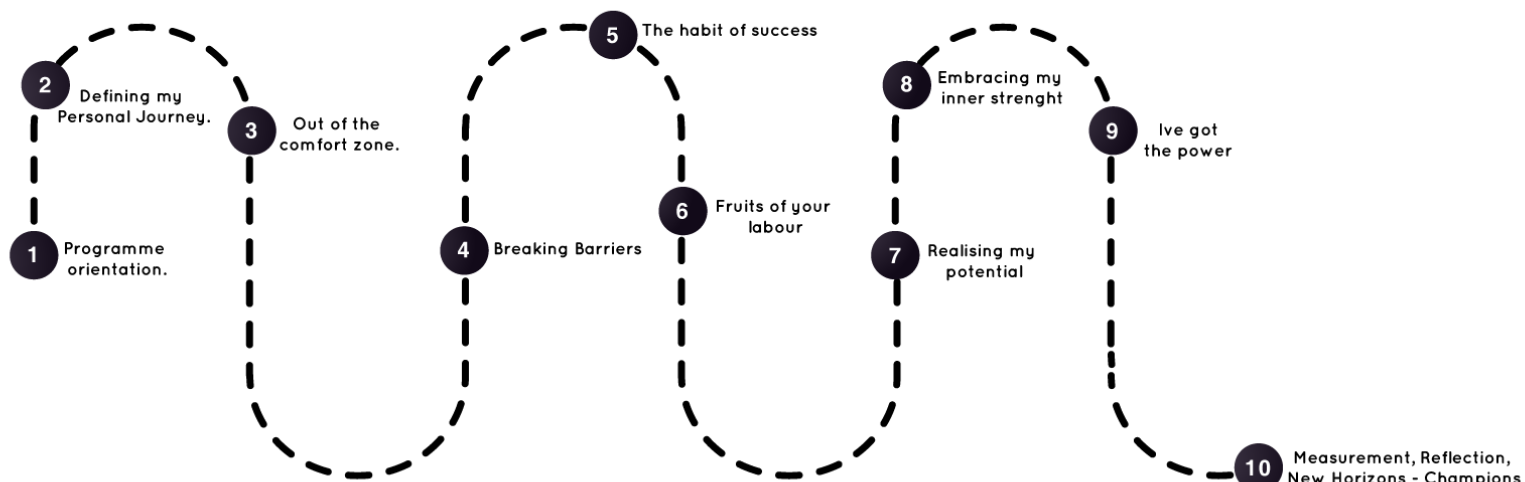
1 WEEK

Becoming a champion.

Pushing Boundaries.

I Am A Champion

Cultivating champions
of the future.



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PRESENTERS

WORLD CLASS DEVELOPMENT EXPERTS



SHAZIA BEG

**VICTIM EMPOWERMENT
COACH**



ADELE THERON

SPORTS COACH



SAFIYYAH AHMED

**HOLISTIC
THERAPIST**



RA'EES KHAN

**EDUCATION EXPERT
BUSINESS COACH**



AMEEN KHAN

**SELF- DEFENSE
TRAINER**



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WHAT ABOUT COVID-19?

COMPLIANCE STANDARDS ARE IN PLACE

The health and safety of our team and delegates are our top priority and we have taken every measure to ensure the safety of our premises and environment.

We adhere to strict compliance and regulations at our facility to ensure safety for all.

We have the necessary systems in place to maintain screening, social distancing and sanitizing, and support contact tracing as prescribed by government guidelines.

If you feel unwell or experience any COVID-19 related symptoms or have been in contact with anyone who has tested positive, please notify the course coordinator.



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GET INVOLVED

TAKE ACTION AGAINST GBV

You can get involved and pledge your support in various ways.

- Sponsorship
- Donations
- Gift Vouchers
- Volunteering
- Guest Talks
- Sign the Pledge
- Social Media Awareness and Engagements
- Share Your Story With Us

VISIT

WWW.CHAMPIONSBOXING.ORG

YOU CAN MAKE A DIFFERENCE



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PROJECT STAKEHOLDERS

JOIN US

**CHAMPIONS
BOXING COUNCIL**



social development

Department:
Social Development
REPUBLIC OF SOUTH AFRICA



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