

WHO IS THIS FOR?

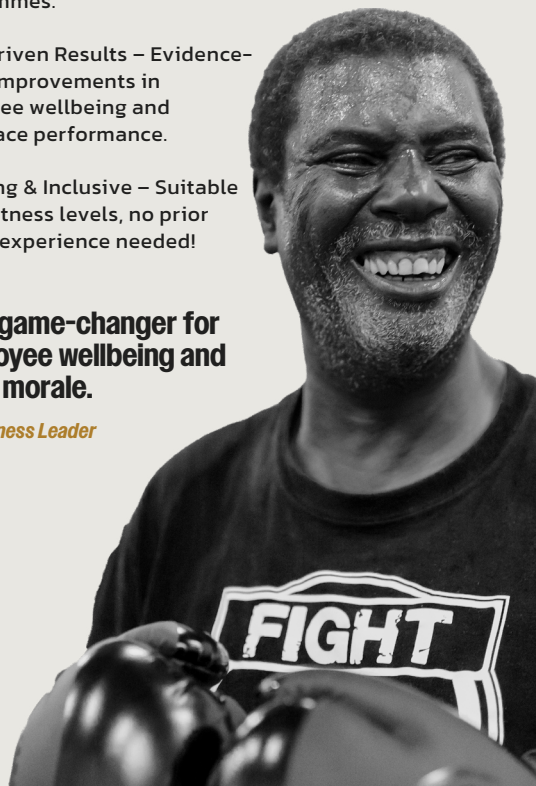
- ✓ Corporate teams looking to enhance collaboration & motivation.
- ✓ HR & wellbeing leaders seeking high-impact employee wellbeing solutions.
- ✓ Businesses aiming to integrate meaningful CSR initiatives into their corporate culture.
- ✓ Organisations wanting an innovative, results-driven alternative to traditional team-building activities.

WHY CHOOSE US?

- Genuine Social Impact – Your participation directly supports youth mentorship and community programmes.
- Data-Driven Results – Evidence-based improvements in employee wellbeing and workplace performance.
- Engaging & Inclusive – Suitable for all fitness levels, no prior boxing experience needed!

“It’s a game-changer for employee wellbeing and team morale.

UK Business Leader



Don't just build teams—empower them.

Get in the ring with Fight 4 Change today!

READY TO BOOK YOUR TEAM EXPERIENCE?

Let's create stronger teams and stronger communities—together.



Rebecca Donnelly, MBE
Rebecca@fight4change.org.uk
fight4change.org.uk
07791638683

Charity Number 1143318



ROLLIN' WITH THE PUNCHES

A TRANSFORMATIVE CORPORATE TEAM-BUILDING EXPERIENCE



This isn't just another away day—it's an experience that challenges, empowers, and unites your team in a completely unique way.

Islington Council

BUILD STRONGER TEAMS. BOOST WELLBEING. MAKE AN IMPACT.

Are you Looking for a dynamic, engaging, and results-driven team-building day that leaves your employees feeling energised, motivated, and resilient? Rollin' with the Punches is a unique corporate team-building programme developed by Fight 4 Change, designed to improve team cohesion, mental resilience, and workplace wellbeing—all while delivering real social impact.

Backed by London Metropolitan University's Centre for Applied Research in Empowering Society (CARES), our programme is proven to:

- Improve mental wellbeing by 1.12 effect size—more than any traditional wellbeing activity.
- Boost stress resilience and coping skills.
- Enhance physical health and overall life satisfaction.
- Promote teamwork through engaging, structured challenges.

WHAT MAKES OUR TEAM-BUILDING DAYS UNIQUE?

Unlike conventional corporate retreats, Rollin' with the Punches blends the intensity of boxing training with powerful workplace lessons. In a non-contact environment your team will:



Engage in high-energy, non-contact boxing drills that mirror real-world workplace challenges.



Develop mental resilience through analogy-based training designed to translate into professional growth.



Strengthen team bonds with activities designed to improve communication, leadership, and problem-solving.



Hear inspiring real-life stories from Fight 4 Change mentors and young people.

“Our employees left feeling stronger, more connected, and with a fresh perspective on workplace challenges.

HR Director, Kings University



EXPERIENCE THE POWER OF SPORT FOR TEAM DEVELOPMENT

Our expertly designed half-day or full-day sessions incorporate:

PHYSICAL & MENTAL CHALLENGES

Each session includes interactive boxing drills linked to core business principles:

- Resilience on the Ropes – A drill simulating pressure, stress management, and the power of perseverance.
- Punching Through the Pressure – Learn adaptability and quick decision-making through real-time challenge adjustments.
- Fear Fighter – A session dedicated to overcoming self-doubt and mastering emotional control in high-stakes situations.

REFLECTION & APPLICATION TO THE WORKPLACE

- Team discussions connect the lessons from the gym to everyday workplace scenarios.
- Guided reflection helps teams develop practical takeaways to apply in high-pressure work environments.

A PROVEN TRACK RECORD OF SUCCESS

Our research-backed approach delivers measurable results:

- 100% of participants said they would recommend Rollin' with the Punches.
- Mental wellbeing improvements ranked highest among participants.
- Enhanced stress resilience and problem-solving abilities seen across teams.
- Improved team collaboration with a deeper understanding of personal strengths and weaknesses.

“This was the most impactful team-building day we've ever done. Everyone took something valuable away.

*Senior Manager,
UK Corporate Partner*