

## Boxing coach volunteer

---

### Introduction

3Pillars Project has an exciting opportunity to join our fast-growing team as a Boxing Coach Volunteer. If you are an innovative, proactive, and diligent individual and have a passion for our work, we want to hear from you.

3Pillars Project is seeking passionate and experienced Boxing Coach Volunteers to join our team and make a significant impact on the lives of young people at risk of offending and involved in the criminal justice system. As a Boxing Coach Volunteer, you will play a crucial role in using boxing as a platform for rehabilitation, empowerment, and positive personal development.

### Background

3Pillars uses sport-based mentoring as a gateway to engage young people in prison, and in the community, who are vulnerable to crime. The 3Pillars approach offers long-term support to participants, with the aim of enabling individuals to make a positive contribution to society.

### Our Programmes

3Pillars Project delivers three Academies as part of GAMEPLAN:

1. **Rugby Academy** - an in prison eight-week rugby course engaging young men in custody.
2. **Fitness Academy** - community engagement for apprentices, offering in person mentoring and training.
3. **Leadership Academy** - a progressive employment, education, or training (EET) support programme, through which apprentices can learn and develop business and community leadership skills supported by 1-2-1 mentoring.

Further information on our programmes can be found [here](#)

### The Position

- Plan and deliver engaging and skill-focused boxing coaching sessions for young people participating in our programmes.
- Teach boxing techniques, footwork, and strategies while emphasising safety and proper form.

# 3Pillars Project

THE WILL TO SUCCEED

- Serve as a mentor and positive role model, inspiring participants to build self-confidence, discipline, and resilience both in and outside the boxing ring.
- Foster a supportive and inclusive environment, ensuring that all participants feel respected and encouraged to excel.
- Collaborate with other coaches and staff to assess participants' progress, identify areas for improvement, and develop personalised training plans.
- Encourage teamwork, respect, and sportsmanship among the young boxers, promoting a positive and constructive atmosphere.
- Incorporate life skills and lessons into boxing sessions, helping participants apply these teachings to everyday challenges.

## **Qualifications and skills**

- A genuine passion for boxing and its potential as a means for personal growth and social change.
- Previous experience as a boxing coach or competitor, with a solid understanding of boxing fundamentals and training methods.
- Strong leadership and communication skills to effectively engage with young people and create a safe and supportive coaching environment.
- Empathy, patience, and the ability to work with youth facing diverse challenges.
- Coaching certifications and qualifications

## **Time commitment**

We appreciate any amount of time you can dedicate as a Boxing Coach Volunteer. The time commitment can be flexible and tailored to your availability and our fundraising needs. We are looking for someone to commit to a minimum of 4 hours per week for the next 6 months, with the option to continue longer term. Reasonable expenses covered.

## **Training and support**

You will receive comprehensive training on the 3Pillars Project's approach to boxing coaching and working with vulnerable youth. Our team will provide ongoing support, resources, and feedback to ensure you are well-prepared for your coaching role.

## **Benefits of Volunteering**

- Use your passion for boxing to make a meaningful difference in the lives of young people facing challenging circumstances.

# 3Pillars Project

THE WILL TO SUCCEED

- Develop your coaching and mentoring skills while gaining a deeper understanding of youth development and criminal justice issues.
- Join a community of like-minded individuals committed to empowering young people and promoting positive change.

## **Application Process**

If you are interested in becoming a Rugby Coach Volunteer with 3Pillars Project, please send an email with a paragraph explaining why you think you are suitable to [jen@3pillarsproject.com](mailto:jen@3pillarsproject.com)

Join us in our mission to create lasting change in the lives of vulnerable youth. Together, we can build a society that empowers, supports, and inspires the next generation to reach their full potential.