

We're fighting back against Covid-19 and have responded to what young people are telling us they need. Our range of support options help build young people's physical health and mental resilience during this difficult period. Keep fit, learn new skills and discover new possibilities for the future, so we can come out of this even stronger!

All our services are FREE during this period. To get involved call the team on 0117 4523333, email info@empirefightingchance.org, or follow us on Facebook/Instagram/LinkedIn/YouTube and Twitter.

Boxing and Mentoring (age 10+)

Our coaches have gone online to offer 1-1 workouts combined with intensive personal support.

HELLO FUTURE Careers Mentoring (age 13+)

Our Careers Coach will help you discover your passions, skills, career options and mini-goals to get you there – all while keeping fit!

Boxing Therapy (age 10+)

Online 1-1 therapeutic support from our qualified Counsellors.

Education Support (Yr7+)

1-1 remote support to motivate students to complete school work and remain engaged with learning, plus our AQA awards for Personal Development.

ASDAN Sports & Fitness short course (age 10+)

Our virtual Sports and Fitness qualification to do from home. 4 hours of exercise, 2 fun research projects, and a certificate to put on your personal statement or CV!

Career Planning Skills Workshops

Virtual, power-versions of our fitness-based careers workshops. Develops key skills, identifies what success really means, and helps set goals to get there.

HELLO FUTURE Toolkit

Resources, activities and short films to help you through important decisions and find out more about the world of work.

Remote Work Experience (Yr9+)

As we can't host placements at our gym, we're offering virtual work experience so you can learn about working with us, get to know the staff and practice those key employability skills!

