

**GURU
GUIDE**
with
Vidusha and Anton

in conversation with
Billy Schwer

27

MENTAL BOXING

MENTAL BOXING®

A QUICK INTRODUCTION TO THE GURU GUIDE

The 'Guru Guide' is an attempt to refine decades of hard-earned expertise into succinct, simple and practical advice.

It is NOT meant to be an exhaustive exploration of a topic: rather, pointed areas of focus which can only be discerned by a practitioner. It is not meant to be a generic set of advice: it is advice from battle-hardened professionals who have had a lifetime of experience and proven track records.

The Guru Guide has a pre determined format:

- ✓ It aims to understand a topic/ area of focus
- ✓ It aims to give tools to help you navigate the area
- ✓ It also gives contexts and examples: so that you can customize it to suit YOU

Exploratory, intimate and insightful, the Guru Guide aims to bring to you a wealth of expertise which can only be possible through veterans whose varied and in-depth experiences offer unparalleled insights.

The brevity and simplicity is by choice, and design. Focused on Executives and Managers who want to get quick tips and techniques, who are eager to improve their craft

and trade : the Guru Guide aims to offer 'little nuggets' of advice and importantly, simple tools, which will enable practitioners to up their game and benefit from expertise which may be hard to find in a hurry.

INTRODUCING



**VIDUSHA
NATHAVITHARANA**

Vidusha is currently the Destiny Architect at High5 Consultancy and Luminary Learning and the organization's founder. His areas of expertise are with strategy facilitation, HR strategy development and Leadership Training. He has conducted assignments in 15 countries regionally and consulted for the World Bank, the UN as well as some of the top corporates in Sri Lanka and the Region. He is also a member of the board of directors for Chrysalis, a social enterprise working to empower women and youth by fostering inclusive growth in Sri Lanka and elsewhere.



**ANTON
THAYALAN**

Anton is a multi-faceted professional who has had over two decades of hands-on experience in process improvement, change management and strategic management, and currently works as the Chief Evangelist of Luminary Learning and the Transformation Therapist of High5 Consultancy. As the former AVP at HSBC DPL Anton won accolades for his superlative work there: and won the prestigious HSBC Group Service – Global Talent Management Member two years in a row. Anton currently works as a consultant focusing on efficiency and productivity improvement and process optimization for local and regional clients.

INTRODUCING BILLY SCHWER

We met Billy during our 'In Conversation' segment and didn't we get wrapped up in an animated dialog!

A champion boxer turned motivational speaker and coach, Billy has experienced a roller coaster ride - both inside and outside the ring. From starting out in life feeling that he wasn't good enough, which led him to box his way out of his lack of self-confidence, to losing everything and experiencing a broken marriage, to hitting rock bottom and contemplating suicide, to then picking himself up out of his self-imposed mess and learning to be 'Billy the person' rather than 'Billy the Boxer', he had to unlearn as much as learn new skills and mindsets.

A NLP Master Coach, certified in Time Line Therapy and hypnosis, Billy is now on a mission to help anyone who has faced similar crises to become the best versions of themselves.

An author, as well as a volunteer for various organisations that help middle aged men who need help with addiction, mid-life crises or depression-related issues, Billy lives with his partner in Luton, UK.



WHAT MADE YOU GET INTO BOXING ?



I was a very insecure child and always felt like I was weak or not good enough. I managed this all by myself, rather than made to ever feel that way by my family. In mind at the time, getting into the ring seemed like a good idea to 'prove myself' and before long, I realised I was good at it.

My father was my first coach, and I was winning championships early on life. While kids my age were skinning their knees riding bicycles, I was getting a bloody nose and a battered body inside the ring.

I had a killer instinct...a rage...a willingness to die inside the ring if required, rather than giving up. This attitude served me well inside the ring, and I guess gave me the edge. I became the British, Commonwealth, European and World boxing champion before I retired from boxing.

IS BOXING AS A SPORT SIMILAR TO 'MENTAL BOXING' ?



The concept of Boxing can be applied to the mind as well, and all of us have our own inner opponent right inside our own mind. It will throw punches at you, keep coming at you and at some point, you have to make the decision to knock it out rather than allowing it to knock you out.

Life's toughest battles are never inside the ring: they're inside your own mind. Lose them, and you lose everything.

Having been a boxer, I can relate everything that happens inside our own minds to what happens inside the ring, and my role as an NLP coach to my Boxing coach and team in my corner. No matter how gifted you may be as a boxer, we all need a coach and a cheering squad in our corner, and it's the same in life. If we are to knock our own limitations and demons out, then we need help and we shouldn't shy away from seeking it. Most men rarely acknowledge that they need help until often it is too late.

So when you face your mental opponent in the ring, it's up to you to decide who will be left standing: you or your inner demons!

WHY DO YOU ONLY FOCUS ON MIDDLE-AGED MEN?



I do have female clients, but my core focus is exclusively on middle-aged men, because naturally, I resonate more with them. I have been there myself and know how to relate to them. It all comes down to who understands you and your message.

Being a man is no easier than it is being a woman. The macho image that males are expected to adopt is just a façade, and many men are not as confident or self-reliant as they seem. It is an unfair burden placed upon them by social norms. Inside they are often weak, confused and hopelessly incapable of taking the beatings of life. Make no mistake, women are oftentimes more tougher, even though they may be the ones to shed a tear - I guess it is for that very reason they are stronger!

So, my work is with middle-aged men who need support to stand back up after life has dealt them a series of killer punches.

MENTAL BOXING[®]

"It's having the discipline and the dedication in the unrelenting pursuit
of your desire that will enable you to attain the success you seek."
Billy Schwer World Boxing Champion

MAN UP

THE
WORLD
CHAMPION
WAY



Personally signed by
Billy Schwer
Former British, Commonwealth, European
& World Boxing Champion



PRINCIPLE 1 : YOU WIN EVERY BOUT IN YOUR MIND FIRST



The first thing I realised as a boxer is that you either win or lose a bout in your own mind first - before you even step inside the ring and face your opponent.

Self-doubt can happen to the fiercest boxer and if you allow it to unhinge you then the fight is lost before you even begin. At any point in the bout, if your mind gives up, it isn't too long before your body does too.

I'm not talking about being cocky and arrogantly confident where you don't practice like crazy in preparation because you think you have it in the bag; that's just pure lunacy if you are a boxer. Unlike other sports, the cost of failure can land you in the cemetery! So, you do practice and you do take it seriously, but you do so from the vantage of a WINNER, not someone TRYING to win!

This mental toughness and confidence is important. You have to take your opponent seriously – you would be wise to - but you never allow your mind to be shaken because of the opponent, no matter how good he may be.

You win all your battles in your mind first.

TOOL 1 : PLAY IT IN YOUR MIND



Before you take on anything, play it in your mind first.

We call it 'visualising'..

Imagine yourself making that killer pitch, acing that interview, successfully negotiating that all-important deal and getting that promotion.

Visualise it all in vivid Technicolor and understand what you will be doing leading up to it. Break it down like a movie and play it over and over in your own mind like binge-watching your favourite TV series where you can finish off the sentences of each dialog because you have watched it that many times.

Do this with the things that really matter in your life. Play it in your mind continuously. There is such a thing called 'muscle memory' for us athletes, where if we practice something long enough, we do it without us even realising it. The mind is capable of doing that with your life. So play it in your mind and let your entire being start creating that version of reality for you.

PRINCIPLE 2 : IF YOU ARE GETTING IN THE RING YOU MUST BE WILLING TO GET HIT



Boxing isn't for the faint hearted; neither is life!

Life is a ring: there will be many opponents you face. Your own mind, untrue friends, broken relationships, bad bosses, getting fired for no reason of your own...all of these are formidable opponents and any of whom can knock you out cold. So you need to toughen up if you are to be victorious against your opponents.

Many of us expect to go through life without getting a beating, and that is as ludicrous as expecting the man I face inside the ring never taking a swing at me. You may not WANT to look at life in an adversarial way, but it is what it is. Being able to be tough enough doesn't necessarily mean you have to be taking punches (metaphorically of course!) at everyone. However, knowing HOW to take that punch when needed is important, and not knowing how is as naive as not learning boxing before you step inside a ring.

Want to go through life? Be willing to take the hits!

TOOL 2 : WHEN TO GET UP : WHEN TO STAY DOWN

As much as inside the ring, the same goes for life. Making that decision to get up and keep fighting or stay down is not only about winning the bout, but also about living to fight another day.

No matter how resilient and tough you are, you are always going to face someone who is better than you. Simply throwing your life away is your ego getting the better of you. However, not getting up and giving it another go is fear getting the better of you. It's a fine line, but a line nonetheless, and only you can actually make that judgement call - no one else.

You need to know when to get back up - and when to stay down and fight another day.

Have done my best

Better time spent on other things :
energy too : so, let it go.

Even if you have given it your
best : if it is damn important : its
worth another shot at : and then
another : before you throw in the
towel

Actually : not
that important
to me

Damn
important
to me

Weigh whether giving up will 'hurt'
you personally : if not, it's fine.
However, for your inner
confidence to be kept intact : have
another go : and make a success -
even if the result isn't really worth
it : because 'getting there' will be

Well then : get back up : wipe
your sorry ass : and try again
won't you ?

Have a little more to give

PRINCIPLE 3 : THERE WILL ALWAYS BE A NEW OPPONENT WHO WANTS YOUR BELT



Becoming the champion is one thing; defending the championship is quite another.

Whenever a new champion is born, others are queuing up to take it from them; that's just the way it is in sports and in life as well. Every day, there will be opponents stepping up to knock you off your feet and they will, if you allow them to.

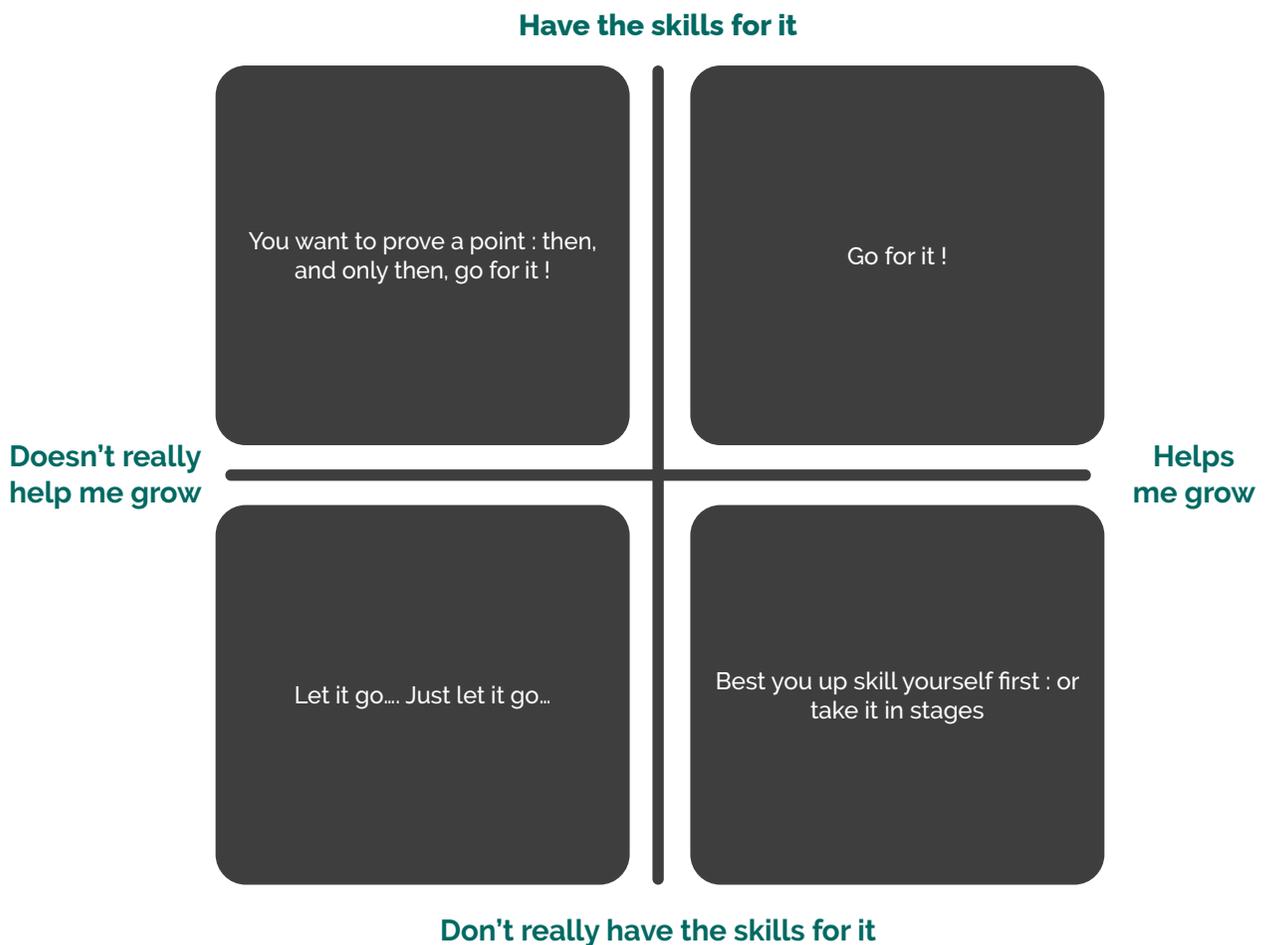
So, being 'tough' mentally is a daily battle and not a one-off event. You need to do your preparations, and also be ready to fight your 'battles' daily. Never take anything for granted, or take it easy - always be prepared.

Just like in boxing, you don't always have to take every battle that comes to you; you can decide which ones to say no to but remember, if you are stepping into the ring, you might as well be the last man standing!

TOOL 3 : DECIDING WHICH 'BATTLES' TO FIGHT

Knowing which battles to fight and which to ignore is important, because otherwise you will be constantly battling battles you shouldn't!

You don't have the ability or the time to really waste energy, hours and resources on everything. Be very selective about what you engage in and also put effort into, because you will simply wear yourself down if you end up aimlessly and unnecessarily picking fights.



SOME FINAL PIECES OF ADVICE



- » Win or Lose, YOU Choose – Be the cause and not the effect of life
- » Knock Out Fear – Being able to produce results in the face of any circumstances
- » Fight For What You Want – Giving up is not an option
- » You are only as good as your next fight – The past is gone - be responsible for creating a compelling and exciting future
- » Take it on the chin – Resilience, being powerful in the face of adversity, setback and defeat
- » Jab and Move – Being able to react and respond quickly under pressure
- » Box Cleaver – Who's in your corner, who's got your back - teamwork!



**“IT’S HAVING THE DISCIPLINE
AND DEDICATION IN THE
UNRELENTING PURSUIT OF
YOUR DESIRE THAT WILL
ENABLE YOU TO ATTAIN
THE SUCCESS YOU SEEK.”**

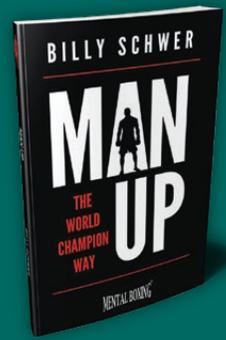
**-BILLY SCHWER-
WORLD BOXING CHAMPION**

BILLY
SCHWER

BILLYSCHWER

INSPIRING & EMPOWERING PEOPLE TO LIVE WITH
PASSION, POWER & PURPOSE

[Click Here](#) to visit billyschwer.com



[Click Here](#) to Buy the book

billy@billyschwer.com



facebook.com/billyschwer1



instagram.com/billyschwer



twitter.com/billyschwer



linkedin.com/in/billy-schwer



High⁵

www.highfiveconsultancy.com



www.luminarylearningsolutions.com



ANTON THAYALAN

+94 77 22 666 22 / +94 70 40 666 66

anton@luminarylearningsolutions.com

www.luminarylearningsolutions.com