AEROSKY



Psycho-educational support through sport

Supervised sport and combat-sport activities to support confidence, balance and respect for young people, people in care, organisations and teams.

Psycho-educational support / Educational boxing
Team building / Cross-training

Sport centred on people



Aerosky places sport at the service of education and wellbeing. Our sport and support branch works with children, teenagers and adults in institutions, hospitals, neighbourhood settings and businesses.

Our conviction

With appropriate supervision, physical activity - particularly boxing and self-defence - can support self-control, respect for others and confidence. The person comes before performance.

Three foundations

- Framework and respect: clear rules and a structured training routine
- Emotions: working on frustration, impulsivity and self-control
- Confidence: recognising progress, self-esteem and relationships

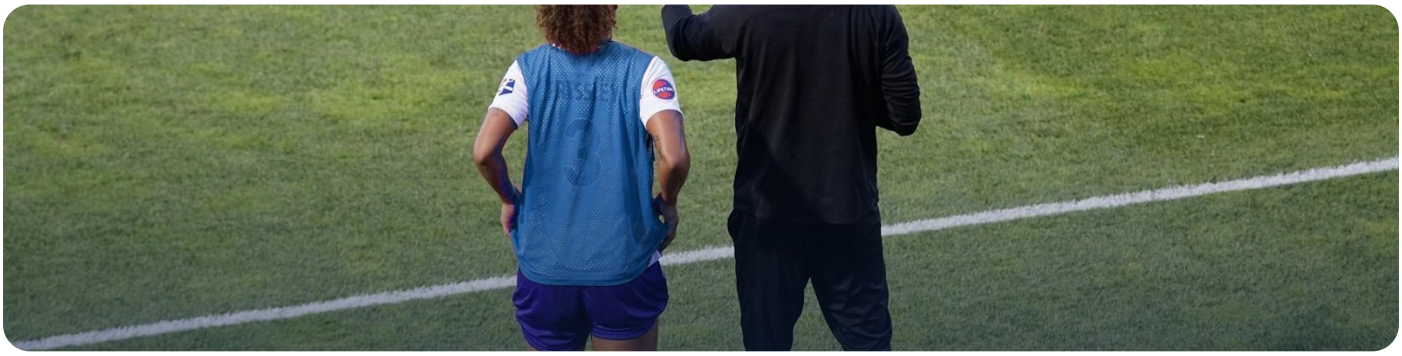
Experience presented in the catalogue

- 25+ years of experience in support through sport
- 4 years providing external services to specialist psychiatric hospitals
- 16 diplomas, titles and certifications
- 9 partner institutions, federations and teams

Discuss a tailored programme

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Psycho-educational support through sport



We use supervised physical activity and combat sports as educational and therapeutic support tools, working closely with educational and healthcare teams. Each programme begins with the person's needs, emotions and relationships.

Who is it for?

- Children and teenagers experiencing difficulties
- Young people in boarding or residential institutions
- Children and adults receiving psychiatric care
- Schools, neighbourhood centres and youth-support services

Objectives

- Work on emotions and impulsivity
- Build self-esteem and confidence
- Understand boundaries, rules and mutual respect
- Reconnect with movement and wellbeing

Expertise and format

- Specialised educational work in child and adolescent psychiatry
- Experience supporting specialist hospitals and responding to crisis situations
- Individual sessions or small groups of up to 8
- Regular sessions of approximately 1 to 1.5 hours, on site or in a suitable room
- Tailored programme and quotation; developed with the relevant team

Discuss a tailored programme

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A programme built with your team



We design the support with the professionals who know the audience. Shared objectives, a clear framework and regular reviews guide the programme.

01 - Initial discussion

Discuss the audience, needs and constraints with the educational or healthcare team.

02 - Objectives

Define individual goals and an adapted programme.

03 - Sessions

Supervised activities delivered by qualified staff within an agreed safe framework.

04 - Review

Review progress regularly and agree adjustments with your team.

References named in the original catalogue

- Centre psychiatrique Jean Titeca
- Internat des jeunes filles d'Uccle
- Molenbeek neighbourhood centre (CLES)
- C.A.M.J - Jette Martial Arts Centre

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Educational boxing



Boxing without seeking a knockout: technique, controlled touch and respect for the partner. The catalogue presents external educational-boxing work linked to LFKBMO / BKBMO.

Who is it for?

- Schools and boarding facilities
- Youth and neighbourhood centres
- Sports clubs
- Specialist institutions

Learning benefits

- Self-control and control of physical force
- Coordination and physical fitness
- Respect for others
- Supported personal development

Delivery framework

- Coach recognition through LFKBMO / BKBMO as presented in the original catalogue
- Controlled touch, no knockout objective and suitable protective equipment
- ADEPS-qualified supervision
- Indicative groups of 6 to 15, in a session series or workshop format
- Approximately 1.5 hours per session; tailored programme and quotation

Discuss a tailored programme

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Boxing and martial arts team building



Introductory boxing, kickboxing and self-defence workshops bring a team together around a shared challenge in a safe, playful and supportive setting.

Who is it for?

- Businesses
- Public bodies and administrations
- Security teams
- Associations

Aims

- Team cohesion
- Stress management
- Communication
- Greater enjoyment at work

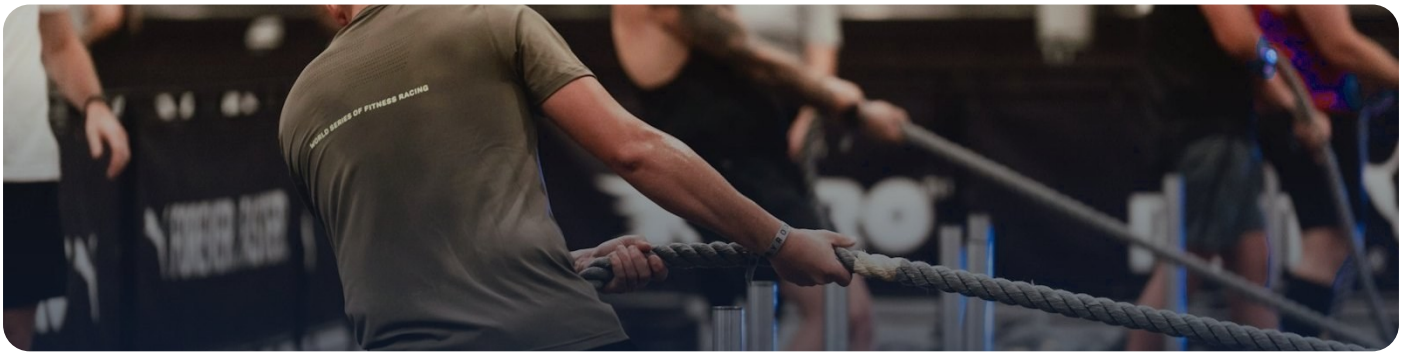
Indicative programme

- Group warm-up
- Introduction to boxing and kicking techniques
- Self-defence and paired activities
- Team challenge and debriefing
- Groups of 8 to 30; half-day or full-day formats of approximately 3 to 7 hours
- On site or in a partner venue; tailored programme and quotation

Discuss a tailored programme

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Cross-training and physical preparation



Adaptable sessions combine functional circuits, cardiovascular activity and strengthening. The original catalogue describes experience ranging from introductory activity to preparation of local and national teams, including a national Muay Thai team.

Who is it for?

- Local and national sports teams
- Businesses
- Young people and adults
- Security staff

Aims

- General fitness
- Injury-prevention awareness
- Targeted physical preparation
- Team spirit

Experience and indicative format

- Preparation of local and national teams as described in the original catalogue
- Level 2 ADEPS sports educator qualification
- Groups of 5 to 20
- One-off sessions or a series, indoors or outdoors
- Approximately 1 hour per session; tailored programme and quotation

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Formats adapted to each audience



Every intervention is designed after an initial discussion. The formats below are indicative and are confirmed in a tailored proposal.

Psycho-educational support

Individual work or small groups of up to 8. Regular sessions with follow-up, approximately 1 to 1.5 hours.

Boxing and martial arts team building

Groups of 8 to 30. Half-day or full-day format, approximately 3 to 7 hours.

An initial meeting without obligation

We review your audience, needs and objectives, then prepare an adapted programme and quotation. In healthcare settings, activities are agreed with the relevant team and do not replace medical care.

Educational boxing

Groups of 6 to 15. Session series or workshop, approximately 1.5 hours per session.

Cross-training

Groups of 5 to 20. One-off sessions or a series, approximately 1 hour per session.

Discuss a tailored programme

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Qualifications and professional development



The original catalogue presents 16 diplomas, titles and certifications across education, mental health, sport, safety and quality. The qualifications below are translated descriptions of those listed in that catalogue.

Education and mental health

- Specialised educator in child and adolescent psychiatry
- Experience with specialist adult and child hospitals
- Crisis identification and appropriate responses; drug-prevention training
- Tutor competence title covering learning assessment
- Training on greater enjoyment at work

Sport and martial arts

- ADEPS Level 2 sports educator
- LFKBMO / BKBMO boxing coach recognition and external educational-boxing work
- Jujitsu self-defence diploma
- First Dan self-defence qualification (ADEPS / AISF)

Safety, first aid and quality

- BEPS - European First Aid Certificate
- Emergency response team member training
- UN advanced field-security training: protection, health and wellbeing
- ISO 9001 quality management systems training and internal-audit practices

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References and your next step



The original French catalogue names organisations, settings and teams that have entrusted their audiences or activities to the sport and support branch.

References presented

- Centre psychiatrique Jean Titeca - mental health
- Internat des jeunes filles d'Uccle - residential education
- Molenbeek neighbourhood centre (CLES) - social cohesion
- C.A.M.J - Jette Martial Arts Centre
- LFKBMO - boxing federation
- National Muay Thai team support; local and national team preparation
- Private-security settings

Let's build your project

An initial meeting without obligation helps define the programme best suited to your audience and objectives.

Contact

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