



The 8 Count but NOT OUT

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Q: have you heard this before?

It's a term used in boxing when a fighter has been knocked down to the canvas. He has been put down and he is hurt, but he gets to his feet and the referee gives him the count of 8 to give him a chance to either recover or a chance to see if he wants to continue in the contest.

In life, we all get knocked down, and we all like to believe that we can rise up from our knees and the echoes of whatever situation we are in. It's okay to take a knee. You get up. It's okay to take the 8 count. You recover and you keep going.

Gary Todd is an acclaimed international best selling author with his books. He has traveled the globe, interviewing world champion boxers, such as Muhammad Ali, Tyson Fury, Floyd Mayweather, Manny Pacquiao, Roberto Duran, Sugar Ray Leonard, and Mike Tyson, just to name a few.

He has trained, sparred and interviewed over 100 world champions in their gyms. Gary has been involved in all aspects in the sport of boxing all his life, and he has recently been nominated for induction into the Boxing Hall of Fame in the United States of America in 2024.

Dedication, discipline, passion commitment, and resilience in his life as a manager, as a life coach, a mentor, a fighter for life and having strong family values are what he believes is his keys to a successful life.

Gary faced trauma and adversity as a young boy in Scotland and although he knew his road ahead was always going to be a bumpy one, he realised from an early age that no one would or could walk the road for him and this gave him the fire and drive inside to live his life.

Gary speaks openly about his experiences, living in fear and being cold and hungry, and he talks about hope and love, and the quiet courage and resilience that helped him when he was down lost and almost out.

He has 'been there, done that' in terms of experiencing the good and the bad in his professional career, to his sporting life training at a high elite level, and personal development working with world champion boxers and also coming full circle, working with underprivileged kids from the housing commission schemes.

Gary has the life tools and skills and his philosophies and values will empower individuals, teams and organisations, to move forward with the mindset that in life, we all get knocked down and when it happens, it's okay to take a knee, to get up and take the 8 count, to rest, to reset your mind and body, to keep going strong in life.