

## Headline: Liona Bravo Boxes Her Way to Impacting the Lives of Young People

Liona Bravo works at [Fight for Peace](#) as a community development coordinator and boxing instructor. She wants to leave an impact on kids and teach them that learning new things can help them grow in life.

### **Liona's Background:**

Liona “grew up in Toronto, Canada” where her single mom raised her and her brother and “worked with different charities,” so from a young age Liona was around her work a lot. “Her brother grew up practising Muay Thai, a form of Thai kickboxing”. Liona would help hold his pads for him every once in a while, and she found the sport pretty interesting but because the sport was stereotypically for men Liona never pursued it. During her time at the university, Liona had an assignment that required her to visit an unfamiliar place and reflect on the experience. Liona decided to go to a boxing gym since she was uncomfortable with it, but wanted to push herself out of her comfort zone and see if she could pursue the sport. Everyone there was super friendly and “she loved it”. After discovering her passion for boxing, Liona's journey led her to Fight for Peace, where she found her dream job in empowering young people through the sport.

### **Work at Fight For Peace:**

Fight for Peace is based in North Woolwich, and they work out of an academy. Their mission is to give people access to opportunities, support, and a safe environment. It is an “amazing facility for boxing and combat sports. Young people can use the space to take classes for free but also get mentored and supported by each other. Boxing and combat sports teach them to grow as people outside of the sessions as well”. Aside from sports, Fight for Peace has programs to help people get jobs, safe spaces to talk, mentoring, and more. Fight for Peace is present in 17 countries with major academics here in London, as well as in Rio. The organisation continues to grow and impact the lives of young people everywhere.

### **Liona's Role and Impact on the Community:**

Fight for Peace also has a community of collectives that they work with. Liona is part of a team that “works on a Program called Act as One”. She works “in partnership with different people in the Newham community to help improve youth safety in the area”. Specifically at Fight for Peace though, Liona coaches “women's and girl's only boxing sessions”. It's an “important space for girls and women to feel empowered, especially in a place that is normally male-dominated”. Fight for Peace is a “positive space for young people to be themselves and highlights the incredible things young people are doing in the community”.

### **What Does Success Mean to Liona:**

As far as success goes Liona feels that “young people have better advice for her than she does for them”. From working with young people, she has felt “so inspired seeing the clear vision

they have for their future". She is "blown away by how confident and self-assured they are". Success is about growth for Liona and how you can always continue to grow. "there's always people to learn from and so many different perspectives in the world". The best advice she would give for success is to just simply "put yourself out there and take the first step". You can never truly do what you love until you make the jump. Liona worked as a piano teacher, and at London Youth, so she knew early she wanted to work with younger people but taking that leap into boxing found Liona her dream job.

### **What Does Inspiration Mean To Liona:**

A huge life lesson Liona learned is to put "yourself in situations that make you feel uncomfortable". People who inspire her the most have a "very clear vision of what they want to do and who have a positive vision for the future". Fight for Peace has helped her support and push young people out of their comfort zone. Her impact has helped young people make sure they are fulfilling their potential.

As Liona continues her journey in boxing, and helping young people at Fight for Peace. If you want to learn more about the organisation, sign up for a class, or get involved visit:

<https://fightforpeace.net/academies/>.

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