

Aspiration Becomes Reality

- Overcoming adversity
- Leaders
- High Performance
- Making a personal change
- A journey of self-discovery
- The importance of perseverance
- Be at your best



Overcoming Adversity

Athy Boxer Wins All Ireland Gold



Eric Donovan proudly displays his National Boys Championship gold medal for boxing.





Leaders







High Performance

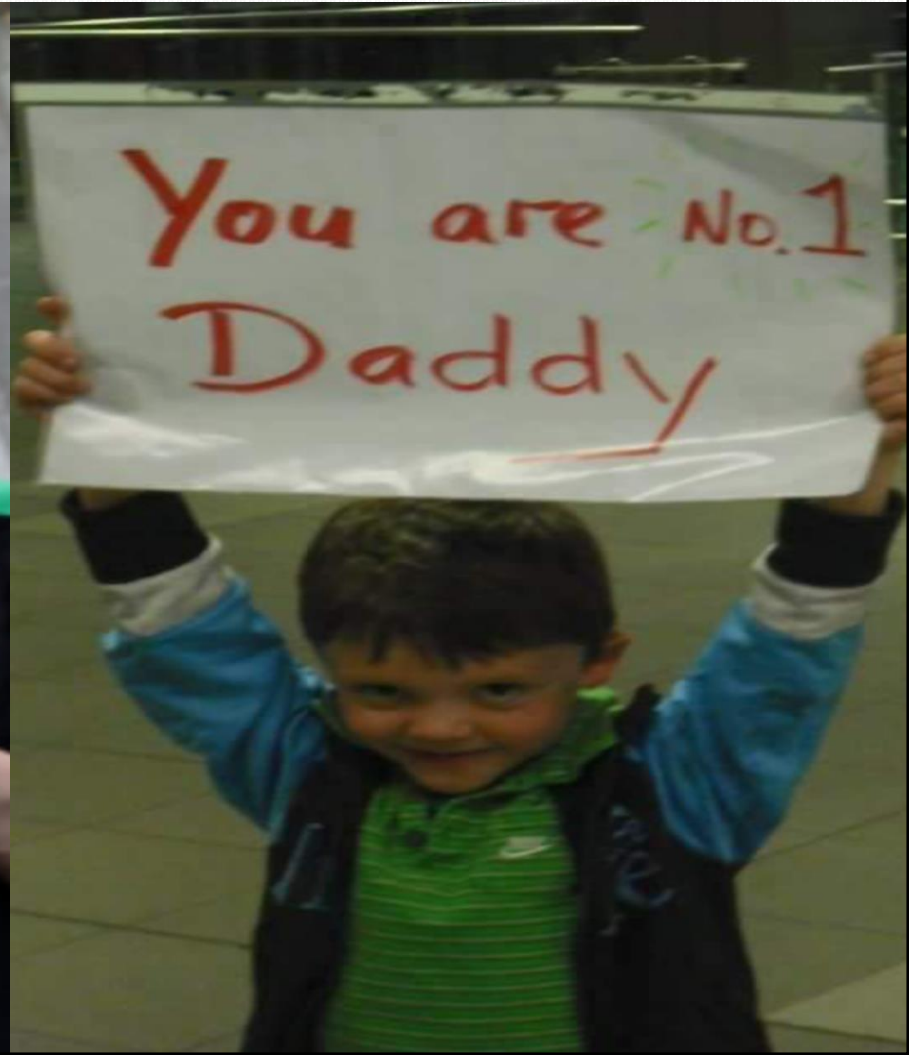








European Senior Bronze Medal Moscow 2010





Making A Change



“That ability to raise my level of performance had rarely been more crucial, and I did exactly that in the defining round”

We had prepared for this situation well in advance of the final, back in the gym in Bray and in my training camps leading up to the Games. I went into the third round knowing that I could turn it around, largely because Dad had hand-picked my sparring for this type of fight against a boxer like Ochigava. Before I came to London, I had been doing a lot of rounds with **Eric** Donovan, who is a brilliant Irish southpaw, and an established international boxer. He also came to the Olympic training camp in Assisi with me so I could get as much practice as possible against his southpaw, counter-attacking style.

Eric told me that he thought I was in the best shape of my life when we left Assisi. Dad has always tried to find the right sparring partners to help





A Journey of Self Discovery







Russian Alphabet

А Б В Г Д Е

Ё Ж З И Й К

Л М Н О П Р

С Т У Ф Х Ц

Ч Ш Щ Ъ Ы Ь

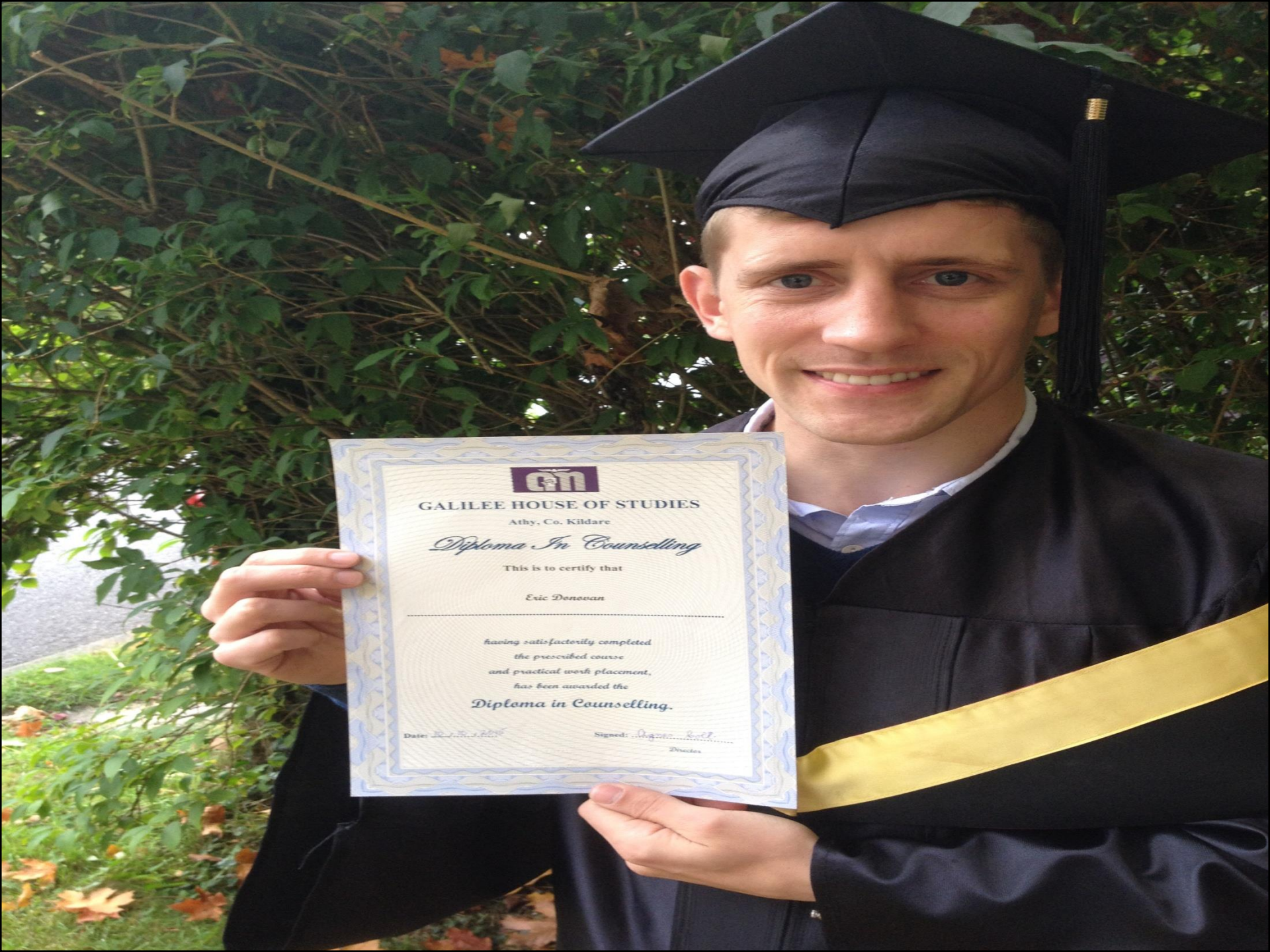
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BOXERCISE & FITNESS

ERIC DONOVAN



GALILEE HOUSE OF STUDIES

Athy, Co. Kildare

Diploma In Counselling

This is to certify that

Eric Donovan

*having satisfactorily completed
the prescribed course
and practical work placement,
has been awarded the*

Diploma in Counselling.

Date: 20.11.2017

Signed: *Agnes Bell*
Director





Importance of Perseverance

How To Become The Best Version Of Yourself

- Experience
- Honesty
- Self Awareness
- Humility
- Balance
- Physical, Mental Health and Wellbeing

You can follow my journey here

Facebook – Eric Lilywhite Lightning Donovan

Twitter - @eric_donovan60

Instagram - @ericd1985