

Biography Noël

Noël Brazão Soares was born in the Cape Verde Islands and is living in Rotterdam since 1986. In the past he has been a Dutch champion, a Benelux champion and three times an European champion of kickboxing. Meanwhile with these talents he is giving self-defense classes to police officers from the region Rotterdam for 16 years already and for the same amount of years he is also a sports instructor and supervisor within Bouwman GGZ, mental health. During his job he is mainly focused on nutrition, sports and recreation.

Noel Soares believes that kickboxing is a perfect activity where he can guide the youth and encourage them to stay on the right path. His main goal is to give these young people an insight into a better and more conscious lifestyle. Therefore he is also coaching children who wants to get more exercise and are overweight.

Currently Noël Soares is giving boxing and kickboxing lessons, 4 nights a week, to about thirty young people from the neighborhood Cool Zuid in the gym "Het Landje" on Schiedamse vest 188 in Rotterdam. With his knowledge and talents he is turning kickboxing into a teaching tool to stimulate the self-development of the youth. Noël grew up in this neighborhood and knows this local youth like no other. They also know Noël Soares and he is seen as a good example for the them. Kickboxing is increasingly popular and many young people today are looking up to big names in the sport. He also leads a competitive team called 'Team Soares'. This team takes part in various competitions and monthly tournaments. In this way, young people can develop their talents to push their limits and gain new experiences.

To give this work more significance, Noël Soares has set up a foundation called 'Team Soares'. This foundation offers less prosperous families, difficult and autistic children and young people from Rotterdam a chance to increase sports and expand their social network. In addition, the foundation assists young people in dealing with their limits and aggression, so that they develop their own self-control. This enables them to cope more easily with others and create a better development in their future careers.

"The main purpose of the foundation is that young people in the neighborhoods are healthier and having fun while exercising. I strive to let them enjoy this as much as I do."

Are you curious? Do you also have a passion for sports like me? Then you can find more information on www.noelsoares.com. I'm looking forward to seeing you in one of my classes!

Noël Soares