

inner.
spark



THE B!G spark

The Year of Transformation

Impact Report 2024-25

**“The workshop
changed the way
I see my future.”**

Year 10 Student, Moseley Park



innerspark.org.uk



One Million Sparks by 2030: Igniting Futures, Transforming Lives.



We are immensely grateful to the passionate facilitators, delivery team, and partners who bring Inner Spark to life. Your commitment ensures that young people across the country have access to the tools and experiences that equip them for success.

We are proud to support Inner Spark through The Goyal Foundation by covering all administrative and support costs. This means every donation goes directly towards delivering free workshops in schools —creating real, lasting impact for young people.

As we reflect on all that has been achieved, we are incredibly proud—but this is just the beginning. Our ambition is to empower one million young people by 2030, and we invite you to join us on this journey.

Inner Spark is more than a programme—it's a movement. With every workshop delivered and every student inspired, we are shaping a brighter, fairer future together.

A heartfelt thank you to our funders—Caudwell Children, the Vascroft Foundation, the Mukul Madhav Foundation, and the 175 incredible individuals who supported us during The Big Rappel. Your belief in our mission fuels everything we do.

Here's to an even greater 2025 and beyond.

Anita & Avnish

Anita Goyal MBE & Avnish Goyal CBE

GoYal
FOUNDATION





Stronger Foundations, Greater Impact

At Inner Spark, we believe every young person deserves to thrive. Yet, many face barriers like mental health struggles, academic inequality, and low resilience. Through our free, high-impact workshops, we equip students with confidence, emotional well-being, and essential life skills.

Since launching Inner Spark we have reached 182,362 students across 191 schools, offering free workshops to schools where at least 20% of students receive free school meals.

But we are just getting started. Our vision is bold: to reach one million young people by 2030. 2024 focused on building strong foundations, 2025 is about transformational growth.

With robust systems, strategic partnerships, and a clear vision, we are scaling up to reach even more young people and ensure long-term sustainability.





Why Inner Spark Matters

The challenges facing young people today are significant:

1 in 5

young people in the UK have a probable mental health disorder

Students from disadvantaged backgrounds are

18 months

behind their wealthier peers by the time they take GCSEs

Education Policy Institute, 2022.

58%

of young people say they feel unprepared for their future

Youth Futures Foundation, 2023.

Only **50%**

of students from disadvantaged backgrounds feel confident about their career prospects

Prince's Trust, 2023

We provide a structured, impactful solution to the above, equipping students with the tools they need to succeed. Our SPARK Model builds essential life skills:

S

Self-Awareness

Understanding emotions, strengths & triggers.

R

Resilience

Coping with challenges and adapting to change.

P

Purpose

Setting meaningful goals and taking action.

K

Kindness

Fostering empathy, respect, and inclusion.

A

Accountability

Developing responsibility and follow-through.

By embedding these skills into our workshops, we help schools meet Ofsted criteria and Gatsby benchmarks, while giving students practical tools for their futures.



Our Impact at a Glance



Mental health stigma reduced by

67%

after our workshops, improving students' emotional well-being.

79%

of students felt more confident about their future after attending an Inner Spark workshop.

86%

of students rated their workshop as excellent.

95%

of students gained a deeper understanding of societal expectations around gender roles.

182k+

students reached across the UK (31% London/Southeast, 25% Midlands/Wales, 22% North England).

83%

of students felt more positive about their future opportunities and plans.

84%

of participating schools would not have been able to access similar workshops without Inner Spark's support.

191

schools engaged in our programmes.

£107k

raised to expand facilitator networks and improve accessibility.



Inner Spark doesn't just run workshops; we ignite the spark that transforms lives



“The workshop changed the way I see my future.”

Year 10 Student, Moseley Park

“The energy Ricardo brings and the confidence he gave me to believe I can do anything.”

Student, Penyrheol Comprehensive School

“Watching young people develop their confidence is what being a teacher is all about.”

Eddie Aylett, Principal, Bower Park Academy

Before Inner Spark, I didn't believe I could do well. Now, I know I can.”

Student, Year 9, Manchester

“These workshops should be in every school. It gave our students tools they can use for life.”

Headteacher, Midlands

“We have had lots of talks and workshops in school, but the Inner Spark workshop was one of the best, you could just tell he was so passionate and genuinely cared – absolutely spot on!”







Student, Trinity School Newbury

This workshop has not only supported teachers but also improved the classroom environment. It teaches students resilience—something we always try to instil in them—not giving up, especially when they make a mistake or experience failure. It helps foster a positive attitude, which we can then reinforce and transfer into the classroom.

Teacher, South East

Laying Strong Foundations for Growth

Over the past year, we have:





-  Expanded our facilitator network, strengthening local connections
-  Deepened engagement with school leaders, connecting local and national networks
-  Established a digital presence from the ground up, now reaching **2,300+ followers**
-  Forged key partnerships with funders & strategic partners, securing support for expansion
-  Simplified school booking processes for easier access
-  Established Multi-Academy Trust partnerships for sustainable impact

These milestones mean Inner Spark is ready to scale, reaching more students in 2025 and beyond.

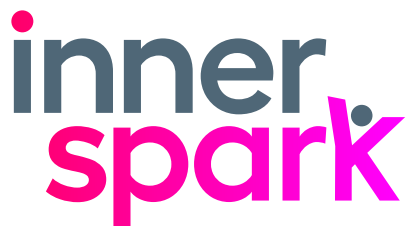
What's Next: 2025 and Beyond

2025 is a year of expansion, innovation, and impact. As we scale up, we are investing in:

Reaching 100,000+ students with expanded workshop delivery

-  Strengthening the **SPARK Model**, ensuring it remains evidence-based and impactful.
-  Hosting **The Big Spark**, an exclusive fundraising event in November 2025 to engage key supporters
-  Launching the **Ambassadors Programme**, connecting students with industry role models.
-  Launching the **Inner Circle funding network** to sustain free workshops
-  Enhancing **digital engagement** for students, educators, and funders.
-  Establishing the **Education Advisory Committee**, ensuring our workshops meet the evolving needs of students and schools.





Join us on this journey

Meet Alex, a Year 9 student who attended an Inner Spark workshop on resilience and self-belief.

Before the session, Alex struggled with confidence and motivation in school. After participating in the workshop, he shared, "I never thought I could achieve anything big, but now I know I can. Inner Spark helped me see my potential."

Our mission is clear: by 2030, we will have impacted one million young people. But we can't do it alone.

Whether you're a funder, educator, or partner, your support fuels life-changing workshops for young people across the UK.



[Click here for more video testimonials.](#)



Donate

Every pound funds free workshops for students in need



Partner with Us

Bring Inner Spark to more schools



Volunteer

Inspire the next generation



Book Your School

Scan the QR code for our booking form

Together, we are igniting potential and shaping a brighter future. Let's make it happen.

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