



inner.
spark

Schools Booklet

Empowering Students,
Igniting Futures

innerspark.org.uk



Free, impactful and easy to book workshops for your students

Inner Spark provides **fully funded** (free) workshops for schools where **20%** or more of students receive free school meals.

Our workshops inspire and empower students while helping schools meet Ofsted criteria and Gatsby benchmarks.



Why Book an Inner Spark Workshop?



-  **Free for eligible schools**
No cost to your budget.
-  **Quick and easy to book**
Fill out our form, and we take care of the rest.
-  **Engaging and high-impact**
Students gain confidence, resilience, and purpose.
-  **Supports key educational goals**
Aligns with Ofsted and Gatsby benchmarks.
-  **Proven results**
Backed by outstanding feedback from schools nationwide.

Book Now in Just 3 Steps:

- 1 Booking**
[Click here](#) to select your preferred workshop and dates.
- 2 Confirmation**
Our team arranges everything with you.
- 3 Deliver**
Our expert facilitators deliver impactful workshops at your school.

About Inner Spark

At Inner Spark, we believe every young person has the potential to thrive.

However, many face challenges such as mental health struggles, academic inequality, and a lack of resilience. Our free workshops help students develop confidence, emotional well-being, and essential life skills.

The SPARK Model

Our workshops follow the SPARK framework, which builds key skills to help students succeed:

- S Self-Awareness**
Recognising emotions, strengths, and triggers.
- P Purpose**
Setting meaningful goals and aligning actions with values.
- A Accountability**
Taking responsibility and following through.
- R Resilience**
Coping with challenges and adapting to change.
- K Kindness**
Fostering empathy, respect, and inclusion.



Why Our Workshops Matter

The current generation of students faces increasing mental health issues and academic inequalities.

Inner Spark addresses these challenges by providing practical tools to boost well-being, resilience, and confidence.

67%

reduction in mental health stigma among students who attended Inner Spark workshops.

77%

of students reported they would challenge unacceptable behaviours and respect boundaries.

79%

of students reported increased confidence and self-belief.

84%

of schools said their students would not have accessed these workshops without funding.

Key Benefits for Your Students



Enhances Student Well-being

Builds confidence and emotional resilience.



Prepares for the Future

Equips students with essential life skills.



Boosts Engagement

Encourages students to take ownership of their learning.



Supports School Priorities

Aligns with Ofsted criteria and Gatsby benchmarks.

What Schools Say



“Our students have shined since the Inner Spark workshops. Watching young people develop their confidence is what being a teacher is all about.”

Eddie Aylett, Principal, Bower Park Academy

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

Year 10 Student, Moseley Park

Workshops Overview

Our workshops are led by expert facilitators with extensive experience in their respective fields.

Each facilitator brings with them deep insights, real-world knowledge, and engaging approaches to support students' growth.

The following pages show a selection of workshops aligned with the SPARK framework, along with brief bios of our facilitators to highlight their expertise.





The Happiness Workshop

Jermaine Harris



Jermaine Harris is a renowned motivational speaker and mindset coach who transformed his life after overcoming adversity. With a background in psychology and personal development, he has helped thousands of students build confidence, resilience, and a positive mindset.

Focus: Emotional intelligence, health, and goal-setting.

SPARK Alignment: Encourages Self-Awareness and Resilience through mindfulness and stress management techniques.

Available: Wales, South West, Midlands

Suitable for: Years 7 - 13

Limitless Mind: Unlock Your Potential

Dr. Rosie Mead



Dr. Rosie Mead is a mental performance coach working with elite athletes, including NBA and EuroLeague players. She specializes in brain health, resilience, and high-performance mindset training, empowering students to unlock their full potential.

Focus: Mental performance and resilience strategies.

SPARK Alignment: Fosters Purpose and Accountability by inspiring students to set meaningful goals and build mental skills for self-improvement.

Available: South West

Suitable for: Years 7 - 13

Forward is the Motion Alain 'Fusion' Clapham

Alain 'Fusion' Clapham is a dynamic storyteller, TEDx speaker, and creative educator who has worked with global brands like YouTube and runs culture platform BMTstories. He helps students harness the power of their own stories to develop confidence, resilience, and self-belief.

Focus: Storytelling, resilience, and self-belief.

SPARK Alignment: Inspires Purpose and Resilience by teaching students to navigate challenges and embrace their unique stories.

Available: London, Greater London, Midlands

Suitable for: Years 7 - 13



UBUNTU: I Am Because We Are Ricardo Erasmus

Ricardo Erasmus is a transformational coach and youth mentor with over two decades of experience. His workshops emphasize community, accountability, and personal growth, inspiring students to support one another and excel.

Focus: Community and personal responsibility.

SPARK Alignment: Promotes Kindness and Accountability by fostering collaboration and a sense of shared purpose.

Available: Wales, Midlands, South West

Suitable for: Years 7 - 13



Building Resilience, Mindset and Action for Success Shaun West

Shaun West is a former British Army Paratrooper turned business coach. He teaches students how to build resilience, overcome adversity, and take decisive action in their academic and personal lives.

Focus: Military-inspired resilience and leadership lessons.

SPARK Alignment: Reinforces Resilience and Accountability by teaching mental toughness and the importance of follow-through.

Available: North East, North West

Suitable for: Years 7 - 13



Dare to Dream Andy Hadfield

Andy Hadfield is a retired Army officer with over 37 years of leadership experience. He shares real-world lessons on self-belief, adaptability, and leadership to inspire students to strive for excellence.

Focus: Leadership, adventure, and self-improvement.

SPARK Alignment: Builds Purpose and Resilience by empowering students to take charge of their futures.

Available: Midlands, North East, North West


Suitable for: Years 9 - 13





Some of the tools will you need for the journey ahead

- Good Communication
- Managing Emotions
- Managing Time
- Personal Care
- The Ability to Network
- Courage



- The Ability
- Confidence
- The Ability
- The Right
- Reading &
- Resilience

The Path of Possibilities Sammy Taylor



Sammy Taylor is an award-winning mental health writer and the founder of Beauty in the Brain. Having overcome significant health challenges, she now shares her journey to inspire students to develop resilience and a positive mindset.

Focus: Resilience and mental well-being.

SPARK Alignment: Builds Resilience and Self-Awareness through exercises on mental toughness and personal growth.

Available: London, Essex, East Midlands

Suitable for: Years 7 - 13

Swimming Against the Current Leah Chowdhry



Leah Chowdhry made history as the first British Asian woman to swim the English Channel. A business leader and motivational speaker, Leah shares her powerful story of perseverance, determination, and breaking barriers.

Focus: Confidence, resilience, and determination.

SPARK Alignment: Supports Self-Awareness and Resilience through motivational storytelling and strategies to overcome challenges.

Available: Nationwide

Suitable for: Years 7 - 13

Building Inner Strength and Self-Belief

Kelly Phinn

Kelly Phinn is a certified positive psychology and holistic coach who overcame chronic illness to transform her life. She helps students cultivate self-confidence, resilience, and a positive outlook.

Focus: Confidence, happiness, and resilience.

SPARK Alignment: Encourages Self-Awareness and Resilience with scientific tools and practical exercises.

Available: North East

Suitable for: Years 7 - 13



Building Your Mental Muscles

Viraj Oza

Viraj Oza is a dedicated mindset and performance coach specializing in emotional resilience and self-awareness. His workshops empower students to take control of their thoughts and build mental toughness.

Focus: Emotional regulation and resilience.

SPARK Alignment: Supports Self-Awareness and Resilience by equipping students with tools to manage emotions and overcome adversity.

Available: London

Suitable for: Years 7 - 9



Upfront Theatre Company

Interactive Theatre Workshops

Upfront Theatre Company delivers impactful, interactive plays on sensitive topics such as mental health and consent. Through live performances and audience participation, they help students develop empathy and communication skills.

Focus: Mental health, relationships, and consent.

SPARK Alignment: Promotes Kindness and Accountability by encouraging empathy and communication.

Available: London and Home Counties

Suitable for: Years 7 - 11



Mind of the Student

Mental Health Workshop

Developed by mental health professionals and educators, this interactive workshop equips students with knowledge and strategies to manage anxiety, stress, and emotional well-being in school and beyond.

Focus: Mental health awareness and coping strategies.

SPARK Alignment: Builds Resilience and Self-Awareness by addressing stress, anxiety, and mental health stigma.

Available: South East, London, Southwest, Midlands

Suitable for: Years 7 - 11



The Strength in you Andrew Jenkins

Andrew Jenkins, finalist on BBC's *The Traitors*, is a motivational speaker and founder of Strength In You Ltd. After a life-changing car accident left him in a coma, doctors believed he would never walk or talk again. Andrew defied the odds—rebuilding his life, overcoming mental health struggles, and turning his story into a powerful message of resilience and hope.

Focus: Mental resilience, overcoming adversity, and building self-worth.

SPARK Alignment: Builds Resilience and Self-Awareness by helping students reframe setbacks, embrace failure, and unlock inner strength.

Available: Nationwide

Suitable for: Years 7 - 13



Carpe Diem James Stewart

Former solicitor and founder of All Rise, James Stewart brings energy, empathy, and lived experience to his inspiring workshop on mindset, action, and personal responsibility. Through interactive activities and powerful storytelling, students are encouraged to take bold steps, reframe failure, and shape their own future with purpose.

Focus: Mindset, confidence, and self-leadership

SPARK Alignment: Builds Self-Awareness and Purpose by helping students reframe limiting beliefs, embrace challenges, and take meaningful action.

Available: South East England

Suitable for: Years 7 - 13



Own the room Kelly Tamplin

Kelly Tamplin is a global transformation coach and speaker who turned personal burnout into a mission to empower others. After leaving a high-flying corporate career and overcoming depression, she discovered the power of self-leadership and confidence from within. Now, she's delivered over 700 workshops worldwide, helping thousands step into their voice and power.

Focus: Confidence, communication, and self-leadership.

SPARK Alignment: Builds Self-Awareness and Purpose by helping students overcome self-doubt, speak with impact, and lead with confidence.

Available: Nationwide

Suitable for: Years 7 - 13





Our Education Advisory Committee

Inner Spark is guided by a dedicated team of education leaders, ensuring our workshops align with students' needs and national educational priorities.



Chaired by **Anita Goyal MBE**

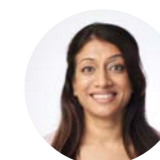
Committee Members:



Eddie Aylett
Principal at Bower Park Academy



Patricia Andrews
Governor at Felsted School



Rachna Patel
Vice President Total Rewards at The Walt Disney Company



Parvis Rahman
Associate Headteacher at North Brent School



Dr Selva Pankaj
Co-founder of Regent Group



Dr Tharshiny Pankaj
Co-founder of Regent Group



Anita Notta
CEO of ONE Multi Academies Trust



Roxy Potts
Head of Programmes & Partnerships at The Goyal Foundation



John Morris OBE
Executive Headteacher at Ardleigh Green Learning Federation



Ready to inspire your students?

Book an Inner Spark workshop today and join the movement to empower the next generation.

Let's help ignite the inner spark in students across the UK, together!

A huge thank you to the Goyal Foundation and our partner funders for making these workshops accessible to schools across the country.



Book a workshop

[Booking form](#)



Email

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