



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.



What is Inner Spark?

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.

88%

of students rated the workshop **4 or 5 stars** – calling it motivating, confidence-building and inspiring.

84%

said the session made them kinder to themselves and others.

79%

of students reported increased confidence and self-belief.

77%

left feeling more hopeful about their future.

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



More teacher testimonials



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



Happiness
workshop

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

Year 10 Student, Moseley Park



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



Meet
Alain



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



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



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



Ella Schwarz

Future You: Embodying the Life You Want

Ella Schwarz is a coach and EFT (Tapping) practitioner who creates spaces for women and young people to pause, reset and curate lives that feel aligned, spacious and true to them. Her work blends practical tools with guided reflection, helping people rebuild confidence, trust their intuition and gain clarity on the steps that will move them closer to their future selves. With a style that is both energising and grounded, Ella equips young people with the confidence and game plan they need to step boldly into their next chapter.

Focus: Self-belief, visioning, and creating empowered next steps.

SPARK Alignment: Builds Purpose and Resilience by helping young people imagine their “future self”, reframe setbacks, and take confident action.

Available: East Midlands

Suitable for: Years 7 – 13



Students described feeling happy, inspired, and motivated after taking part.



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



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



Arianna McCulloch Own your spotlight

Arianna is a talented musical-theatre actor currently performing across the UK in plays and immersive productions. With a passion for empowering young people, she inspires students to step into who they truly are and believe in their ability to achieve their aspirations.

Focus: Self-belief, resilience, and reframing failure as growth.

SPARK Alignment: Builds Self-Awareness and Resilience through motivational storytelling and practical strategies.

Available: Scotland

Suitable for: S1 – S6



Eleni C Mind Over Media: Scroll Smart

Singer-songwriter, radio presenter and passionate mental-health advocate, Eleni C brings a unique blend of creativity, authenticity and lived experience to her workshops. *Mind Over Media: Scroll Smart* helps students explore how social media shapes self-image, relationships and wellbeing — and how to make it a positive force for connection and growth. Through real stories, open conversation and guided reflection, Eleni encourages young people to question what they see online, protect their mental health, and use their digital voice responsibly.

Focus: Digital wellbeing, confidence and healthy online habits.

SPARK Alignment: Builds Self-Awareness and Kindness by encouraging mindful, empathetic and empowered use of social media.

Available: London and South East

Suitable for: Years 7 – 13



84%

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



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



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



Outward Bound Trust School Adventures

Delivered in partnership with The Outward Bound Trust, *School Adventure programme* brings high-impact outdoor learning directly to school sites. Combining expert facilitation with proven outdoor-education techniques, it helps students develop confidence, teamwork and curiosity through challenge-based activities -without the logistical barriers of residential trips.

Focus: Confidence, collaboration and character-building through outdoor learning.

SPARK Alignment: Builds Accountability and Resilience by encouraging students to step outside their comfort zones and work together to overcome real-world challenges.

Available: Manchester and Lancashire

Suitable for: Years 5 – 9





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.

Join **230** schools already helping students build confidence and resilience.

88% rate the experience **5 Stars**



Book a workshop

[Booking form](#)



Email

Georgie.Cammack@hgf.org.uk



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www.innerspark.org.uk



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