



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.

Schools below the 20% FSM threshold may still be eligible for support. Please get in touch to discuss funding opportunities and tailored options for your school.



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?

OR CLICK HERE

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.

93%

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.



Boosts Engagement

Encourages students to take ownership of their learning.



Prepares for the Future

Equips students with essential life skills.



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

OR CLICK HERE



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.

309,454

students reached through our in-person workshops





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

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“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 TEDx speaker, qualified teacher and creative entrepreneur who has worked with global brands including YouTube and leads BMT Proud To Be, an oracy and cultural storytelling platform. Drawing on experience in education and industry, he helps students build confidence, communication and leadership skills while exploring future opportunities and pathways.

BMT Proud To Be
Celebrate Who You Are. Inspire Who You'll Become.

Developed by qualified educators, poets and creative practitioners, BMT Proud To Be uses storytelling and spoken word to help young people explore their identity, celebrate their culture and develop the confidence, communication skills and self-belief to share their voice with pride.

Focus: Oracy, storytelling, student voice and self-belief.

SPARK Alignment: Inspires Purpose and Resilience by empowering students to understand their story, value their voice and engage positively with the opportunities ahead.

Available: UK Wide

Suitable for: Years 4 - 13



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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



OR CLICK HERE

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



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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 attended a comprehensive school in the Midlands before joining the Army aged 18, commissioning as an officer aged 22; he would serve for 37 years accumulating leadership and life experience. He is also a professional yacht skipper and instructor and is experienced in racing, cruising and teaching others. 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: Yorkshire, North East, Midlands, North West

Suitable for: Years 7 - 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



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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



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Future You: Embodying the Life You Want

Ella Achola

Ella Achola is a writer, facilitator and all-round alchemist who helps young people reconnect with their creativity — not just as something they do, but as a way of thinking, problem-solving and shaping their lives.

Her work is rooted in the belief that creativity is something we all carry, but many young people lose confidence in through pressure, comparison or fear of getting things wrong.

Ella knows this journey personally. As a child, she absorbed the story that she “wasn’t creative,” despite loving books, ideas and storytelling. Rediscovering creativity later in life became a source of confidence, direction and self-belief.

Now, through workshops in schools and communities, Ella helps young people imagine futures built from possibility rather than pressure. Using her signature creative process, students are encouraged to trust themselves, think differently and imagine a future built from possibility over pressure.

Students leave feeling more confident, more self-aware and more connected to their own potential.

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: Midlands and surrounding

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



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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 Power of Your Story Aaron Roach Bridgeman

Aaron Roach Bridgeman is an award-winning TV presenter, broadcaster, producer, poet and spoken-word artist whose career has taken him from interviewing global stars for SB.TV to presenting for the BBC, Channel 5, Sky, Amazon Prime and MTV. Through powerful storytelling, spoken word and personal experiences, Aaron inspires young people to recognise their potential, find their voice and believe that their future is not defined by their circumstances. His engaging workshop encourages students to raise their aspirations, communicate with confidence and take positive action towards their goals.

Focus: Confidence, communication, aspiration and self-belief.

SPARK Alignment: Builds Purpose and Self-Awareness by helping students recognise their strengths, find their voice and develop the confidence to shape their own future.

Available: London and Midlands

Suitable for: Years 7 - 13



Own your spotlight Arianna McCulloch

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, North East England + other regions

Suitable for: S1 – S6



Mind Over Media: Scroll Smart Eleni C

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



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Game plan

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



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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**

Headteacher
at Birtley
House 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

Chief
Partnerships
Officer at
Inner Spark



**John Morris
OBE**

Director of
Academy
Improvement
at Empower
Learning
Academy Trust



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.

309,454 schools reached helping them build essential life skills.

93% rate the experience **5 Stars**



Book a workshop

[Booking form](#)



Email

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