

# INNER WINGS



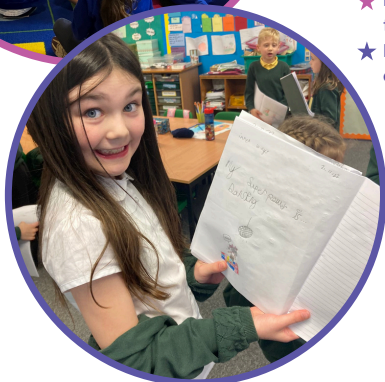
**inner  
wings**  
A Confidence Building  
Foundation

## BUILDING CONFIDENT CHILDREN

### OUR MISSION

Inner Wings is a charitable foundation that strives to build confidence and resilience in young children across the UK, especially those who need it most. Our mission is to address the diverse issues affecting children between the ages of 6 to 12, by helping them to build confidence in their abilities and the skills to articulate these. Our free school programmes and resources work to give children a confidence toolkit that nurtures positive self-worth and acceptance. This has been more critical than ever, with children's mental health issues increasing significantly since the COVID-19 pandemic and cost-of-living crisis, and exacerbated by smartphone and social media use. Through our programmes, delivered in schools by primary teachers, children become aware of their unique potential and are empowered to pursue their authentic talents.

**FREE  
PROGRAMMES**



### WHAT WE OFFER

Inner Wings offers bespoke confidence-building programmes that help young children to develop a growth mindset, realise their unique potential and improve their public speaking skills..

- ★ Two Engaging Programmes: 6-8 fun and interactive 45-minute sessions
- ★ Free Resources: Tools to fuel every child's confidence-building journey
- ★ Teacher Training: Online training for high-quality programme delivery
- ★ Flexible Delivery: Tailored for whole school, specific year groups or targeted interventions
- ★ Educational Alignment: Content in line with personal and social education frameworks

**"I loved how the programmes addressed important elements of mental health and wellbeing which are so prevalent at the moment."**

*Teacher, Wales*

**25,000+**  
Programmes  
Graduated

**80%**  
Children  
felt more  
confident

**800+**  
Teachers  
Trained

**200+**  
Partner  
Schools

**95%**  
State  
Schools

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[www.innerwings.org](http://www.innerwings.org)

**"The girls have started talking more nicely to each other and the class teachers have seen an impact on how they emotionally engage."**

*Pastoral Lead, England*