



inner wings
A Confidence Building Foundation

INNER WINGS

Confidence-Building Programmes

WHAT WE OFFER

- 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

FREE

ABOUT US

Inner Wings offers free and bespoke confidence-building programmes to primary schools across the UK. Our programmes help young children to develop a growth mindset, realise their unique potential and improve their public speaking skills.

120+
Partner
Schools

10,000+
'Graduates'

500+
Teachers
Trained

90%
State
Schools

60%
Female
'Graduates'

"The girls loved the course and it's amazing seeing their confidence grow. Other girls are now asking me if they can join so it's very popular in my school."

-Nurture Lead, Scotland

CONTACT US

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www.innerwings.org

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