



INNER PERFORMANCE

Provider Fact Sheet Inner Performance

Powerleague Coventry, The Woodlands School, Broad Lane, Tile Hill, Coventry, CV5 7FF

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<https://innerperformance.co.uk>

Who we are

InnerPerformance is a behaviour, engagement and personal development programme supporting children and young people across KS2, KS3 and KS4. Our aim is to support pupils who may experience difficulties with emotional regulation, behaviour, confidence, motivation, attendance, engagement and personal development. We use a therapeutic, child-centred approach through sport, physical activity and structured play, creating an environment where young people can develop positive relationships, explore their emotions and build confidence. Our programmes combine sport and physical activity, mentoring, emotional regulation, habit development, goal setting and reflection. This allows pupils to develop practical skills including resilience, communication, teamwork, self-discipline and personal responsibility. A key part of InnerPerformance is our online accountability system, which enables pupils to track daily habits and development challenges. Schools can access the system to monitor engagement and progress, including activity completed in school and from home, helping create consistency between the intervention, school and the pupil's wider routine. Our staff team brings experience across education, care, sport and youth development. Some staff have worked within schools in leadership and support roles, while others have backgrounds in sports coaching and physical activity. Some members of the team have also worked within care settings using therapeutic approaches. All staff are trained to work with children and young people and understand the importance of safeguarding, positive relationships, professional boundaries and a therapeutic approach. InnerPerformance works collaboratively with schools to provide targeted, practical and engaging interventions that complement existing pastoral, behaviour, wellbeing and inclusion support. Our overall aim is to help young people develop the skills, confidence and resilience to regulate their emotions, make positive choices and achieve their potential both inside and outside of school.



What we offer

InnerPerformance provides targeted pastoral support for children and young people who may need additional help with emotional regulation, behaviour, wellbeing, confidence, motivation and engagement. Support can include:

- 1-to-1 mentoring for pupils requiring more targeted intervention
- Small-group pastoral sessions
- Emotional regulation and coping strategies
- Support with confidence and self-esteem
- Behaviour reflection and positive decision-making
- Communication and relationship development
- Resilience and managing challenges
- Goal setting and future thinking
- Development of positive routines and daily habits
- Sport, play and physical activity as a positive therapeutic outlet
- Online habit tracking and accountability
- Monitoring of pupil engagement and progress

Our pastoral approach focuses on building positive, trusting relationships with young people, helping them understand their emotions, reflect on their choices and develop practical strategies they can use both in school and at home. Where additional support is required, InnerPerformance can provide targeted 1-to-1 intervention, allowing pupils to discuss challenges, reflect on behaviour and develop strategies for managing difficult situations.

Student Outcomes

Student Outcomes InnerPerformance aims to support measurable improvements in behaviour, emotional regulation, engagement, confidence, wellbeing and personal responsibility. Expected outcomes include:

- Improved emotional awareness and ability to regulate emotions
- Reduced reactive or impulsive behaviour
- Improved classroom engagement
- Improved attendance and punctuality
- Increased confidence and self-awareness
- Improved relationships with staff and peers
- Greater resilience and ability to manage challenges
- Improved routines and personal responsibility
- Increased motivation and positive decision-making
- Development of healthier daily habits

Success Stories Feedback from previous programme participants has highlighted positive changes in behaviour, emotional control, decision-making, friendships, focus and routine. One student reflected that they had learned to control themselves and think about what they were going to do before acting. Another pupil reported learning the importance of making good choices and controlling their behaviour. Students have also described improvements in their daily routine, self-awareness, mindset and wellbeing, with one pupil explaining that the programme had helped them with their routine and that they enjoyed being able to have fun with the coaches. Staff feedback has also identified pupils becoming calmer with staff, more self-aware, better able to think before reacting, and more aware of the impact of their actions. InnerPerformance uses pupil reflection, staff/coach observations, engagement, habit tracking and school feedback to monitor progress throughout the programme. Where schools already monitor behaviour, attendance and engagement, these measures can be used alongside InnerPerformance to demonstrate progress over time.

Safeguarding

DSL - Jessica Smith, Innerperformance.schools@outlook.com, 07399768154

DDSL -

Enhanced DBS Staff

Safeguarding policy

Insurance Documents - July 2027

Health and Safety

Delivery site is Ongoing

Risk Assessment - 09/2027



FSM



Can be
organised



Quality Assured by CAP
Documents on Sharepoint

Specialisms

Vocational
SEND
Mental Well-being
Mentoring
Secondary
Primary

Mode of delivery

On-Site
In-School

