



ANNUAL REPORT 2022/2023

Inner Wings
A Confidence-Building Foundation

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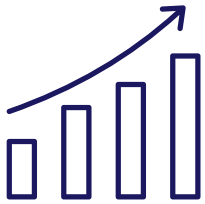
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Drafted by Ellen Shustik, Director of Programmes and Outreach
Designed by Megan Young, Programme Coordinator

HIGHLIGHTS

from our second academic year

Growth



5.5x increase in programme 'graduates'

(from 1,500 to 10,000)



3x increase in teachers trained

(from 100 to 400)

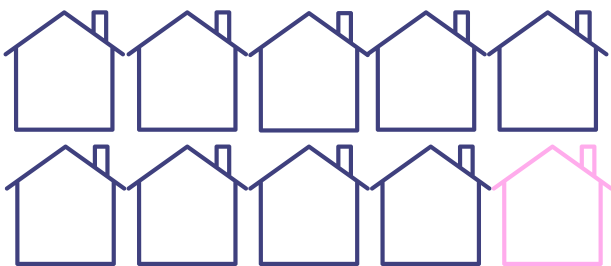


1.5x increase in partner schools across the UK

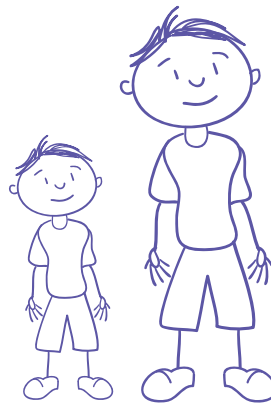
(from 50 to 120)



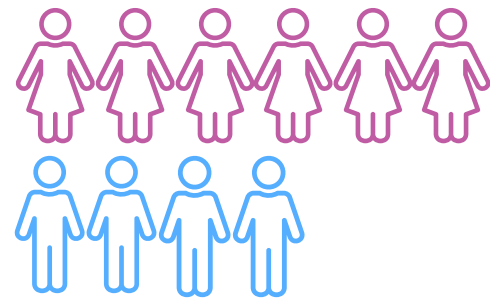
Demographics



90% of our partner schools are state funded



**20% KS1
80% KS2**



60% of our 'graduates' are girls

CHANGING THE WORLD, ONE CONFIDENT CHILD AT A TIME

ABOUT INNER WINGS

Inner Wings is a charitable foundation based in London, UK. Co-founded by Melissa Di Donato Roos and Darren Roos, Inner Wings' mission is to build confidence in children aged 6 to 12, especially girls. We believe that equipping children with a confidence toolkit - through our range of school programmes, events and children's books - will help them to discover their unlimited potential and pursue their dreams, whatever they may be. This is more critical than ever since the COVID-19 pandemic and cost of living crisis, which have seen children's mental health significantly impacted, and increased anxiety a prevalent issue.

“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



“The Inner Wings programme has helped us to realise that our superpowers were already there. This six-week lesson block has just unlocked them and brought them to our minds. What a celebration!”

-Year 4 Teacher, Wales

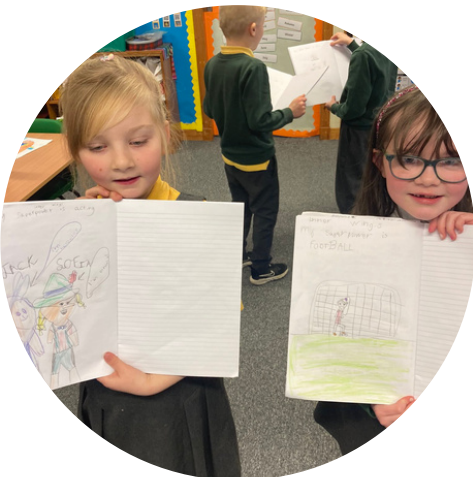
PROGRAMMES

Inner Wings' focus is to bring free confidence-building programmes to primary schools across the UK. Our bespoke programmes – designed by teachers, educational psychologists and life coaches – are in line with personal and social-emotional educational frameworks and have the flexibility to be adapted to a specific school's needs.



“Ellie is a very shy and quiet girl. She struggles speaking out in class and taking part in class discussion. Since taking part in Inner Wings, her teacher has noticed a huge difference in her self-esteem and participation within class.”

-Year 5 Teacher, Wales



While designed for and often delivered with entire classes and across year groups, some schools will choose to deliver our programmes with targeted children who are identified as having confidence or anxiety issues. By providing our programmes to schools for free – with all programme resources and staff training included – the foundation ensures they are inclusive and accessible to all, irrespective of socio-economic circumstances.

“Mum has seen a massive improvement since we have been doing Inner Wings. Her daughter is more confident, has grown into herself and is more settled in her own body. She is able to be proud of her uniqueness.”

-Year 3 Teacher, England

PROGRAMMES

Finding Your Voice

After the successful launch and uptake of our first programme, 'Finding Your Superpower', in the 2021/22 academic year, this year saw the launch of our follow-on programme, 'Finding Your Voice', which gives children the confidence to share their unique voice and the tools to improve their public speaking skills.

This programme helps children to:

- develop a strong internal belief that they are all good communicators in their own authentic way
- practice strategies to build confidence in their coping skills when faced with new challenges outside of their comfort zone
- value constructive feedback and celebrate each new step as they try new things



Future Programme

We are also planning to design and pilot a third and final programme in our confidence- building series, which will focus on the power of positive thinking and acceptance, as well as the ways the mind and body interact to create positive physical and mental health. The ambition is that with one programme being delivered each school term, children are taken on a confidence-building journey throughout a full academic year.



“It was amazing to see the progression within the girls’ confidence, resilience and even their self-esteem.”

- Year 6 Teacher, Scotland



“A female student began the programme with little to no confidence in front of a boy-heavy class but now includes herself in a multitude of games and activities, meaning she has gained an incredible amount of confidence in herself and her voice!”

-Year 3 Teacher, England

ADDITIONAL RESOURCES

Books

Inner Wings' Co-Founder and CEO, Melissa Di Donato Roos, has written three children's books - The Magic Box, Kick Like a Girl and How Do Mermaids Poo?. Inspired by her daughter, each book in this series encourages children – especially girls – to reach for their dream; to be courageous; and to drive a positive impact in the world around them. With funds raised from our annual Giving Tuesday campaign, we donate these books to our partner schools in more economically disadvantaged areas of the country.



“I'm so glad that I attended the Inner Wings' parent workshop - I found it thought-provoking and spot-on with regards to topics covered and concerns I'm facing with regards to my two young daughters. I'm really pleased our school is collaborating with this great Foundation.”

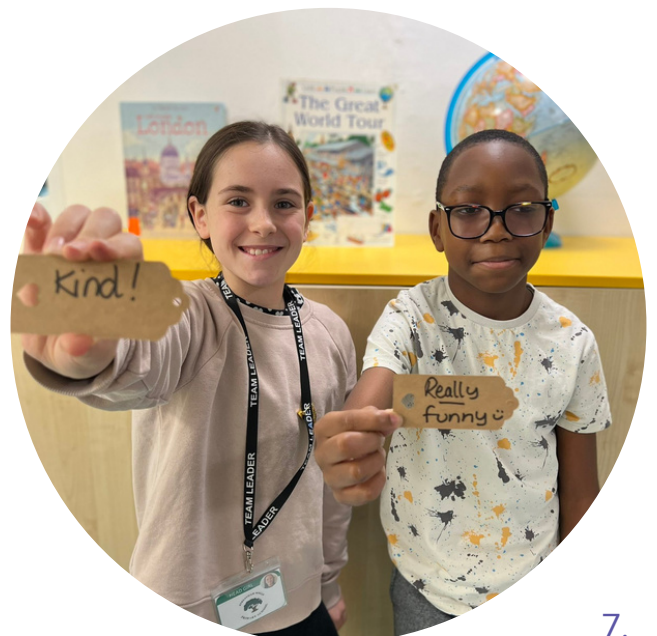
-Parent

Parent Workshops

When requested, Inner Wings delivers workshops that provide parents with a greater understanding of the psychology behind confidence and how to identify challenges with confidence; tips and ideas to support their children in building their confidence; and resources to support them at home.

Online Resources

The foundation has its own YouTube channel that contains a series of informative talks and panel discussions with education experts, as well as promotional videos and past online events. It also showcases our online 'Finding Your Superpower' mini-series developed during the COVID-19 pandemic; these 10-minute sessions can easily be done at home.



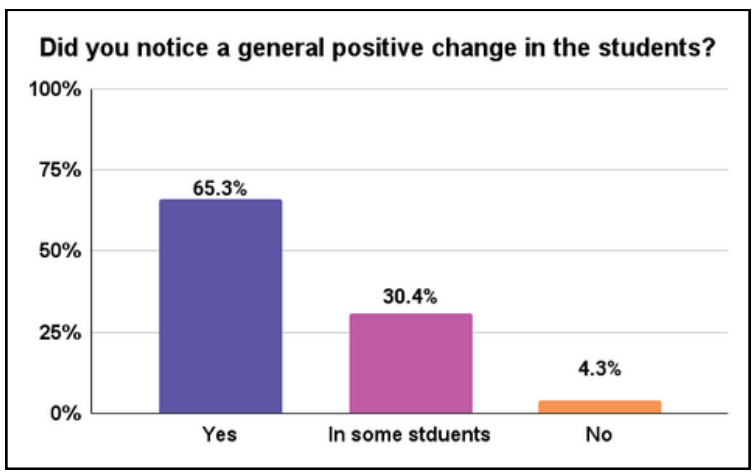
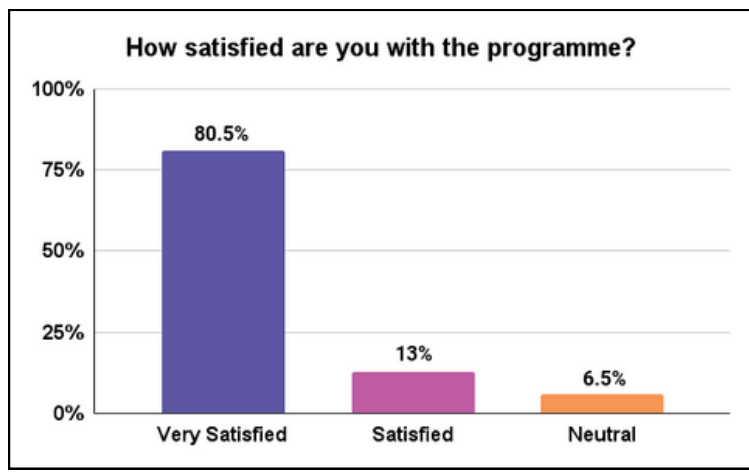
IMPACT



By participating in Inner Wings' programmes, children are given a comprehensive set of tools to remain confident and resilient in the face of challenges. Our programmes are making a real difference to the self-esteem of children. Two-thirds of teachers reported noticing a general positive change in their students. Sixty percent of our beneficiaries are young girls, and more than a third of teachers' feedback highlights the particularly beneficial impact on their female students.

Impact Assessment

Finding Your Superpower, sample of 50 schools across the UK, July 2023



With increased attention on mental health and wellbeing following the COVID-19 pandemic, our programmes are in strong demand from schools. In our second academic year of programming, we have:

- 'graduated' 5.5x more students from our programmes (for a total of over 10,000 children!)
- trained 3x more teachers (for a total of over 400 teachers)
- partnered with an additional 70 partner schools across the UK (for a total of 120 schools, 90% of which are state-funded)

By offering high-quality resources that are easy to deliver:

- 95% of staff are either very satisfied or satisfied with the programme content and free resources and training provided

PARTNERSHIPS

We are proud to have forged new partnerships this year with charities dedicated to working with vulnerable children. We have trained Youth Support Carers through the Teenage Cancer Trust to deliver our programmes on their hospital wards with children undergoing cancer treatment. We have supported two extra-curricular groups – Girls on the Spectrum and Galaxy Kids Additional Needs Club – to use our programmes with their young children who are neurodiverse or have special educational needs.



“The confidence change in the children was amazing to see, they all bonded and were able to help each other when others were struggling and identify each other’s superpowers. So much tolerance was gained as the weeks progressed - it was so lovely to see it unfold.”

- Head, Special Educational Needs Charity



We have also seen our confidence-building movement grow outside the UK. The Pardada Pardadi Educational Society UK has facilitated our relationship with a large all-girls school in rural north India where poverty and illiteracy rates are extremely high, and our programmes will build the confidence they need to pursue their aspirations. Empowering Young Women, which inspires young women in developing countries through education, is delivering our programmes at their partner schools in Kenya.



"It's a really good programme. It definitely has a positive impact on the children. Building self-esteem, confidence-building - all those things are brilliant and it's the type of stuff you don't see in schools enough in the standard curriculum."

Community Centre, North London

OUTREACH

Events

Inner Wings held stalls at the following events this year, giving us the opportunity to speak with senior leaders and teachers across the primary sector about our programmes:

- ACS International Schools' STEAM 2022 event at Thorpe Park
- Independent Association of Prep Schools (IAPS) Deputy Heads and Directors of Studies annual conference
- Academy of Women's Leadership conference
- Relocate Global's 'Inspiring Global Women for Growth' International Women's Day event



Communications

Inner Wings ensures our partners and supporters are regularly informed about our programming and activities through our quarterly newsletters and weekly posts across our social media accounts. We have made significant updates to our website and will soon be launching a new website and producing an impact video that will capture and showcase our significant growth and achievements of the past two years of programming.

Fundraising

Inner Wings is always looking for support and we have submitted over 40 grant applications in the last year; so far, we have won grants from:

- Thrale Almshouse and Relief in Need Charity
- Haremead Trust
- St. James's Place Charitable Foundation
- National Philanthropic Trust UK
- GIC Private Limited

We have also been shortlisted for grants from:

- Newby Trust
- Portal Trust
- Delamere Dairy Foundation



THE BOARD



Melissa Di Donato Roos

Co-Founder and CEO

Melissa Di Donato Roos is an acclaimed American-born British business and technology leader. Throughout her 25+ year career, she has worked passionately to make the world of technology a better place for everyone, but in particular a place women want to be part of. Named one of the Top 10 most influential women in UK Technology, Melissa was also the inaugural chair of the 30% Club's Technology Working Group, a global campaign to boost female representation at board and C-Suite level across the world's largest companies.



Darren Roos

Co-Founder and Trustee

Darren Roos is a South African born CEO of global software company, IFS. Darren's career of building and scaling world class software businesses spans over 25 years and he is a regular spokesperson on channels such as CNBC and Bloomberg TV. A committed advocate of equality and diversity, he increased the female leadership in IFS from 10% to 40% and created the IFS Foundation, raising over \$250,000 to break the poverty cycle in Sri Lanka. Darren also sits on the board of global software company SiteCore.



Claudia Hogan

Trustee

Claudia has built a career as a growth strategist and marketer with technology companies around the world. A mother to 2 young boys and a keen footballer, she is passionate about providing children with the tools needed to succeed in their personal and professional lives.



Edit Kovacs

Trustee

Edit is passionate about technology, solving problems and inspiring children, young adults and professionals to find their own path. As a Chief Product Officer, she regularly volunteers and participates in Women in Tech and technology educational events like the Hour of Code.



Ilaria Magagnoli

Trustee

Following her career in the City as a top-ranked financial analyst and raising two daughters, Ilaria is passionate about empowering women and young people to reach their full potential. As a coaching psychologist, she applies behavioural and strategic insight to help individuals develop their capabilities, resilience and performance.

KEY STAFF



Ellen Shustik

Director of Programmes and Outreach

Ellen has worked for a number of INGOs around the world, and spent several years working in federal and provincial politics in Canada.. During her time in London, Ellen has worked for Liberal International, the Commonwealth Parliamentary Association UK, the Westminster Foundation for Democracy, the Commonwealth Human Rights Initiative and the Tony Blair Institute for Global Change. She holds a Masters in European Studies and recently attained a Masters in Human Rights Law.



Nieta Irons

Programme Coordinator

Nieta is passionate about the role creativity has in building confidence, a tool she champions in her work with communities. She has a degree in Drama from Kingston University and a Master's in Applied Theatre from the Royal Central School of Speech and Drama. Her career spans education, theatre and working with socially engaged arts organisations. She has worked as a theatre-maker, contributed to fringe-circuit productions, as well as to productions at Arcola and Bush Theatre, including Fringe First and Olivier Award-winning *Baby Reindeer*.



Megan Young

Programme Coordinator

Megan is passionate about helping young children achieve their potential. Having earned a degree in Psychology and a master's degree in Forensic Psychology, she has worked with children from disadvantaged backgrounds, who have social, emotional and mental health needs. As a caregiver for these children, Megan has noticed a lack of confidence and self-esteem among the children during critical developmental stages and is dedicated to being part of a team that wants to make a difference.



Thank you to all of our partners and supporters!

