

**In Your Corner** are an award-winning social enterprise. We run bespoke, psychologically informed non-contact boxing groups to improve emotional wellbeing in young people. We work with some of the most complex young people in primary and secondary schools, supporting inclusion, and emotional and relational development.



School have said he's calmer and more focused. He is getting positive behaviour points and not negative. Teachers have said to me he's making better choices.

**Foster carer**

### Benefits for young people

Improved attendance, focus and concentration

Improved ability to manage feelings and behaviour

Opportunity to gain AQA unit in boxing skills

### Benefits for your school

Bespoke content to meet your group's needs

Full evaluation to demonstrate impact

Reflective practice groups support staff wellbeing

We use boxing as a hook to engage young people. Groups offer the physical benefits and sense of achievement that comes from mastering boxing. We balance this with social and emotion-focused activities, delivered by expert psychology professionals. This unique combination leads to improved emotion regulation, reduced stress and anger, and increased confidence.

### Building the right programme for you

- We work with your staff to develop bespoke groups that meet a particular need in your students.
- Our attachment and trauma-informed therapeutic coaching model maximises the emotional wellbeing benefits of boxing.
- Groups are co-facilitated by a member of our clinical psychology team and a boxing coach, ensuring adherence to best available evidence and positive impact.

### Key information



of young people show positive change on their emotional wellbeing goals



An expert mental health professional and accredited boxing coach attend every session



All staff have enhanced DBS and safeguarding training

## ? How it works

We deliver term time groups, during the day, for up to 15 young people, in blocks of 10 -12 weeks. We run parallel staff groups after school.

Prices start at £8,398 for 20 weeks and include access to boxing equipment (gloves, pads, ropes) if needed.

As every programme is bespoke to the needs of each school, specific prices are available on request.



## Supporting staff wellbeing

We know you do your best work when you feel well supported. We offer reflective practice groups for school staff teams, which promote resilience, reduce stress and improve team relationships.

Groups bring together staff from across the school for a boxing session, followed by a reflective discussion facilitated by an expert psychology professional. Here, staff can discuss dilemmas or emotional stresses associated with their work, in a supportive environment.

Staff sessions have been a revelation. They are fun, high energy and welcoming. They have really helped me detach from work and be more in the moment. My recent session focused on talking through an in-school challenge. Reflecting but not worrying about having to fix anything, brought with it a huge sense of relief. I've found myself thinking back to the issues discussed in a new light and looking forward to the next session pretty much immediately.

**Teacher**

## ✓ Our impact

Young people in IYC projects achieve positive change on

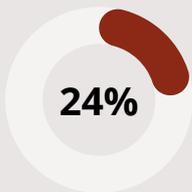


of their emotional wellbeing goals.



**29%**

is the average amount of change reported on these goals (clinically reliable).



Young people's confidence increases by an average of **24%** over the project.



**100%** of young people who attempt their AQA boxing skills unit achieve this.

I feel like I am calmer. Feelings have got better, like I'm not that sensitive anymore and before I was sensitive to anything. Before I couldn't focus much and I was distracted, and now I can focus easier.

**Young person**