

2025/2026

UNLOCKING POTENTIAL

We empower young people through sport-led mentoring that builds confidence, improves behaviour, and supports emotional wellbeing. Our experienced mentors work alongside schools to engage students facing challenges related to SEMH, SEN, and behavioural needs—using structured, active sessions to develop resilience, self-awareness, and positive life skills. Whether it's preventing exclusion or re-engaging a disengaged learner, we provide practical, outcomes-focused support that makes a real difference.



WHAT WE OFFER...



INDIVIDUAL

Focused, one-to-one sessions that support emotional regulation, behaviour, and confidence through structured, sport-based mentoring tailored to each student's needs.



REINTEGRATION

Short-term, intensive mentoring to support students returning from exclusion or absence, helping them rebuild confidence, routines, and positive relationships at school.



GROUP

Targeted group sessions that use team-based sports activities to develop communication, resilience, and social skills in a supportive, structured environment.



AFTER SCHOOL CLUBS

Engaging, sport-led after-school sessions that offer a positive outlet for energy while reinforcing behaviour goals, teamwork, and emotional wellbeing in a relaxed setting.

OUR APPROACH

We believe in a collaborative, student-centred approach. Before mentoring begins, we meet with school staff to understand each student's background, challenges, and goals. From there, we design a tailored six-week programme—delivered individually or in groups—with clear targets, ongoing progress tracking, and regular feedback. Our flexible, sport-based sessions are structured to meet individual needs while aligning with your school's behaviour and wellbeing priorities.