

CONFIDENCE STARTS AT HOME

Helping your child to practise resilience, develop emotional strength and express themselves authentically.



- Gain a greater understanding of the psychology behind confidence and how to identify challenges with confidence
- Tips and ideas to support your child in building their confidence
- Resources from Inner Wings to support you at home



Join us for our free
PARENT WORKSHOP
FIRST THURSDAY OF
EVERY MONTH
VIRTUAL (GOOGLE MEET)
12:00-13:00 GMT



inner wings
A Confidence Building Foundation

charity number:
1192877

@innerwings_org

Inner Wings is a UK charity building confidence and resilience in children aged 6–12, especially those who need it most. Through free school programmes, we equip children with the tools to believe in themselves, express their feelings and reach their full potential.

For more information or to book, please email:

contactus@innerwings.org
www.innerwings.org

FREE!

Register

