



Inspiring Futures Academy

2022 / 2023

Inspiring girls. Empowering women.
Advancing communities.



REGISTERED CHARITY: 1165616



Our Vision:

A world where all women and girls are inspired and empowered to achieve their full potential, leading to positive social change.

About The Inspiring Futures Academy

The Inspiring Futures Academy develops personal and professional capabilities in women & girls. It provides long-term support; enhancing skills, building self-confidence, expanding choices, and access to resources and opportunities.

- The academy provides mentoring, workshops, virtual learning, events and work opportunities.
- The academy provides development and growth opportunities for women & girls aged 16 and over. There is no upper age limit.
- There are **four levels**, each offering learning opportunities and the chance to gain certificates.
- Our Inspiring Futures Academy provides long-term support; enhancing skills, building self-confidence, expanding choices, and access to resources and opportunities.



Our programmes, services and resources are free of charge to the end user.



100% of participants were satisfied with the workshops



94% reported improvement in skills development



84% reported feeling more confident having participated in the IFA Level 1 programme



85% of beneficiary goals were being met for those in mentoring relationships

We can help you with....

Our extensive research has determined what women & girls need in order to achieve their full potential. We work to provide individuals with the following:



CONFIDENCE & WELLBEING

We improve confidence and wellbeing, so that women & girls can get closer to living their full potential.



EMPLOYABILITY SKILLS

We improve employability skills to equip women & girls for the job they want.



INCOME & EMPLOYMENT

We help women & girls achieve income and employment, diminishing risks and advancing gender equality.



HEALTHY RELATIONSHIPS

We create healthy social ties; facilitating meaningful relationships and giving our beneficiaries the chance to feel part of a community.



AUTONOMY

We help beneficiaries gain autonomy so that they can make their own decisions and determine the course of their lives.



ECONOMIC EMPOWERMENT

We focus on the the end goal of financial independence for all women & girls who come to us for help..



How we can help



WORKSHOPS

We offer a range of live sessions covering a variety of topics at various levels, hosted by internal team members and inspiring guest speakers.



VIRTUAL LEARNING

We have carefully created a selection of useful resources which can be accessed anytime, anywhere, online or through our downloadable app.



SUPPORTIVE COMMUNITY

We are here to support you for the long term. We will create a safe space in which you can learn and grow.



MENTORING

We will match you with the right mentor who can use their expertise and experience to help you achieve your goals and aspirations.



WORK EXPERIENCE

We will provide you with access to career tasters, work placements and work experience, broadening career horizons.



PSYCHOMETRICS

We offer questionnaires to help you build greater self-awareness, understand your strengths to better guide your future.



"Wow, I had never done anything like this before and really enjoyed going on the journey throughout the course. This experience was really good and improved my confidence a lot."

Laura, Uk

Level Progression

01 Level 1

Level 1 is an 10 week personal development programme. This programme enhances skills, builds self-confidence, and expands choices, helping you to succeed at work and in your personal life.

02 Level 2

Level 2 is a 10 week professional development programme, designed to improve employability, communication and leadership skills. This programme will help you to secure employment and further succeed in the workplace.

03 Level 3

Level 3 is self directed, with access to online programmes, work experience, leadership workshops and volunteering. There are opportunities to engage in peer support groups and deliver your own workshops.

04 Level 4

Level 4 Ambassadors co-create resources, deliver workshops and engage in campaigning opportunities such as podcasting, event speaking and fundraising. Ambassadors are supported to pursue their own community development projects to inspire those in their communities to achieve their goals and ambitions too.





"All my questions had no answer until the Inspiring Leadership Foundation came into my life"

Noven, Kenya _____

Level 1: workshops for personal growth

- Week 1 Onboarding & Introduction**
Meet the group and find out more about the programme
- Week 2 Morals & Values**
Living in alignment with who you are, what's important, and what you stand for
- Week 3 Purpose & Meaning**
Finding your passion and creating inspiring goals to live a fulfilling life
- Week 4 Health & Wellbeing**
Mindset and motivation; setting healthy goals.
- Week 5 Emotions & Relationships**
Accepting and regulating your emotions. Creating meaningful and trusting relationships
- Week 6 Cultural Intelligence**
Understanding the world around you so that you can make wise and confident decisions
- Week 7 Resilience**
Bravely overcoming challenges and living through adversity
- Week 8 Personal Brand**
Having the confidence to present yourself as you would like to be seen by others
- Week 9 Legacy**
Sharing your gifts with others to create a lasting impact in the world
- Week 10 Celebration Event**



"This is an outstanding charity with a solid moral compass to help women and girls achieve in life. I would not be where I am today without its help."

Sarah, UK

Level 2: workshops for career development

Week 1

Onboarding & Introduction

Meet the group and find out more about the programme

Week 2

Morals & Values

Understanding where you are, where you want to be and how to bridge the gap

Week 3

Purpose & Meaning

Maximising both your strengths and weaknesses to achieve your ambitions

Week 4

Health & Wellbeing

How to manage your time to create a healthy work-life balance

Week 5

Emotions & Relationships

Professional vulnerability; managing your emotions and building positive workplace relationships

Week 6

Cultural Intelligence

Learning how to network with confidence

Week 7

Resilience

Managing setbacks as an individual and a team

Week 8

Personal Brand

Creating and pitching your own personal brand

Week 9

Legacy

Leading with compassion to create lasting social change

Week 9

Celebration Event



Level 3 : Peer Group Learning

Monthly Format

Week 1: Workshop Delivery; you will be challenged to present your take on a different topic each month. These sessions will begin with a taught leadership topic followed by presentations and ending with the next challenge being set.

Week 2: Inspiring Learning Circles; peer led groups where you can meet to discuss your workshop plans, career goals and ask any questions to the to the team.

You are invited to attend **regular workshops** delivered by a **successful leaders** from our network!

"Today's event was so amazing, intimate , thoughtful... As I was travelling back I felt filled with love and thought 'what a celebration of life'"

Javina, UK

Level 4: Ambassador Programme

Ambassadors help to raise awareness and empower others to get behind great causes. Our Ambassadors work to inspire and empower other women & girls.

Our Ambassador Programme will enable to apply all that you have learnt to empower others.

Here are some opportunities* available to you as an Ambassador:

- Podcasting
- Public speaking
- Campaigning
- Mentoring
- Delivering the Inspiring Futures Academy
- International charity work
- Panel discussions
- Networking events

*The Ambassador role is continuously developed based on your ambitions and creative ideas, so we are open to developing new opportunities. We are here to support you to help others!



Mentorship

We offer a mentoring programme wherein you can connect with an inspiring mentor who can provide both professional and personal guidance.

Mentoring is a one-to-one non-judgemental relationship where mentors give their time to support their mentees to achieve their ambitions. Mentors draw on their own experience to provide best possible insight.

We will pair you with the best possible inspiring leader within your desired field.



WHAT IS INVOLVED?

- Mentors draw on their own experience and provide guidance, motivation, support, and role modelling.
- Your mentor will help you build awareness of your aspirations. They will expand your choices and access to opportunities.
- Your mentor will assist you with writing and editing your CV as well as job/higher education applications.
- You will meet monthly, face-to-face or over Zoom, with regular email communications

"[My mentor] was there at the beginning to build me up...the confidence that she gave me, it gives me the ability to keep moving forward."

Charlotte, IFA Participant



Our mentors work in job roles such as...



Film Producer



School Teacher



Lawyer



Music Artist



News Anchor



Hospital Nurse