

FIND YOUR INNER PEACE LTD • ESTABLISHED 2020

A STRATEGIC FRAMEWORK FOR EDUCATION

The UK's Leading Neuro-Regulation Training for Education.

A proactive, whole-setting strategy

for academies, schools, and high-pressure learning environments.

THE CONTEXT OUR SECTOR IS FACING

A generation is arriving in our classrooms dysregulated before the first lesson begins.

THE PROBLEM

Behaviour, attendance, and staff retention are under sustained strain across UK education. Symptomatic responses no longer hold, the pressures on pupils, families, and staff are systemic, and they require a systemic answer.

OUR RESPONSE

Find Your Inner Peace Ltd delivers the UK's leading whole-setting neuro-regulation framework, evidence-informed, proactively designed, and built to rebuild the regulatory conditions that make learning, coaching, and teaching possible in the first place.

THE STRATEGIC PROBLEM WE SOLVE

Central to our approach is our recognition of **Identity Foreclosure**, the premature narrowing of a young person's sense of self under academic pressure, elite-sport pathways, diagnostic labels, and social-media performance.

HOW THE FRAMEWORK HOLDS UNDER PRESSURE

One system. Four load-bearing pillars.

Remove one and the framework collapses under pressure. Together, they hold the setting.

PILLAR

01

Pupil Wellbeing

Nervous-system literacy, regulation strategies, and identity work for every child, Reception through Sixth Form.

PILLAR

02

Staff Capacity

Trauma-informed practice, co-regulation skills, and burnout-proofing for the adults holding the room.

PILLAR

03

Family Partnership

Parent workshops, shared home-school language, and support pathways that stop the gap widening.

PILLAR

04

Digital Infrastructure

Dashboards, tracking tools, and asynchronous resources so impact is measured, not assumed.

WHAT PARTNERSHIP INCLUDES

How the framework is delivered.

Every partnership blends in-person delivery, digital infrastructure, and ongoing consultancy.

PILLAR 01

Pupil Wellbeing

01 Whole-year assemblies

Age-tiered neuro-regulation assemblies, delivered in-person or via our hybrid platform.

03 1:1 pupil support

Regulated practitioner sessions for the pupils holding the most weight in the setting.

02 Small-group interventions

Targeted programmes for anxiety, ADHD, autistic pupils, and identity-foreclosure risk cohorts.

04 Classroom-ready resources

Feelings wheels, regulation stations, workbooks, and printable posters.

PILLAR 02

Staff Capacity

01 INSET & CPD days

Full-staff training on trauma-informed practice, co-regulation, and de-escalation.

03 Staff wellbeing sessions

Burnout-proofing, nervous-system reset, and reflective practice groups.

02 Leadership coaching

1:1 and small-group work with SLT, DSLs, and heads of pastoral.

04 Ongoing consultancy

Termly clinical supervision so the framework doesn't stall after launch.

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PILLAR 03

Family Partnership

01 Parent workshops

Evening and online sessions translating classroom strategies into home routines.

03 Shared language toolkit

Home-school scripts and check-in cards so pupils experience consistency both sides of the gate.

02 Family clinics

Bookable 1:1 sessions for parents navigating diagnosis, refusal, or high-pressure pathways.

04 Community events

Termly community mornings and neurodiversity-affirming information hubs.

PILLAR 04

Digital Infrastructure

01 Hybrid learning platform

On-demand video modules for staff, parents, and pupils, accessible on any device.

03 Resource library

Downloadable posters, workbooks, and lesson plans, continually updated.

02 Quarterly dashboards

Setting-level data on regulation, engagement, attendance, and staff wellbeing.

04 Accessibility-first design

ADHD, dyslexia, and low-vision-friendly features built into every touchpoint.

WHAT CHANGES WHEN THE FRAMEWORK LANDS

Measurable change across every layer of the setting.

FOR PUPILS

- Reduced anxiety and school-refusal presentations.
- Stronger self-regulation and identity resilience.
- Improved attendance and classroom engagement.
- Language and tools to name and manage internal state.

FOR FAMILIES

- Shared vocabulary between home and school.
- Reduced parental isolation and crisis-point escalation.
- Confidence advocating for their child's regulation needs.
- Access to community and clinical support pathways.

FOR STAFF

- Lower burnout, sickness absence, and turnover.
- Confidence handling dysregulation without escalation.
- Restored professional identity and reflective capacity.
- Trauma-informed language embedded across the team.

FOR THE SETTING

- Measurable reduction in behaviour incidents and exclusions.
- Ofsted-ready evidence of proactive wellbeing strategy.
- Stronger safeguarding culture and staff cohesion.
- Demonstrable ROI on wellbeing investment.

HOW WE EVIDENCE RETURN ON INVESTMENT

Hard data. Quarterly dashboards. Board-ready evidence.

Every partnership ships with agreed impact measures, digital tracking, and termly review.

AGREED IMPACT MEASURES

What we track, together.

- 01 Pupil regulation**

Termly self-report + staff observation dashboards.
- 02 Behaviour & exclusion**

Incident logs cross-referenced against baseline data.
- 03 Attendance**

Persistent absence and year-on-year comparison.
- 04 Staff wellbeing**

Anonymous pulse surveys, retention, and absence trend.
- 05 Family engagement**

Workshop attendance, parent survey, safeguarding uptake.
- 06 Framework fidelity**

Quarterly clinical audit of delivery quality.

CADENCE 01

Quarterly

board dashboards translating regulation into behaviour, attendance, and retention outcomes.

CADENCE 02

Termly

clinical review with SLT, what's working, what needs adjusting, where to double-down.

CADENCE 03

Annual

impact report suitable for governors, trust boards, and Ofsted evidence files.

NEXT STEPS

Ready to implement the framework in your setting?

Arrange a strategic consultation with our clinical leadership team.

BOOK A STRATEGIC CONSULTATION

GET IN TOUCH

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