

InnerFit is committed to developing good character and positive culture for best life performance.

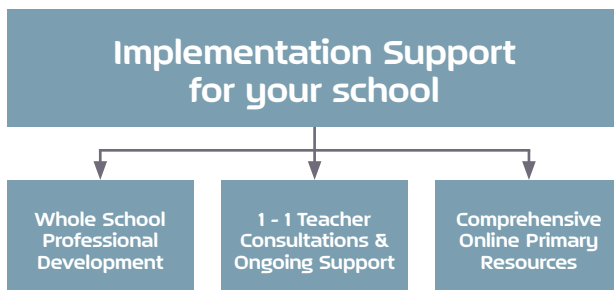


Key Benefits of the InnerFit Approach:

- Transforms the words of values and character into visible behaviours
- Integrated teaching and learning across curriculum areas.
- Embraces the Hauora philosophy to address all aspects of student well-being.
- Equips teachers with knowledge, skills and confidence, and saves them time.
- Strong character foundations accelerate literacy and numeracy improvements for students.
- Complements PB4L

InnerFit Framework

We develop teacher confidence and competence with PLD, support and quality resources. We work to empower you - alongside you not for you.



When your students and teachers leave your school will they exhibit...?

Honesty	Resilience
Self-control	Respect
Integrity	Kindness
Trust	Teamwork
Responsibility	Leadership
Perseverance	Growth Mindset

Choose the level of support you need...

Option A - Kauri

Whole Staff PLD
10 sessions over 3 years 60 -90 mins each
Individualised teacher modelling, teaching alongside and observations
11 per teacher over 3 years
Access to InnerFit LMS 24/7 and access to all resources

Option B - Nikau

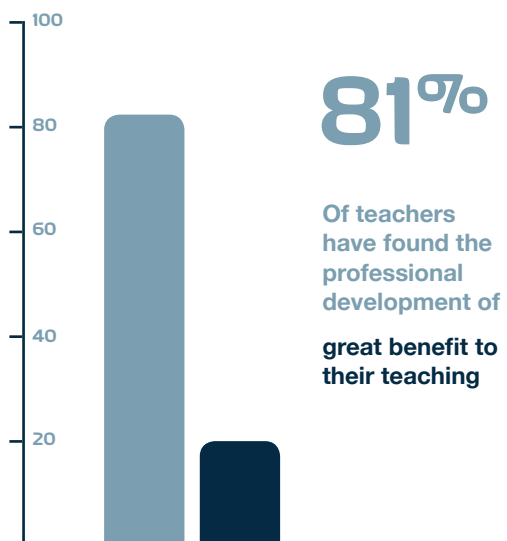
Whole Staff PLD
9 sessions over 3 years 60 -90 mins each
Access to InnerFit LMS 24/7 and access to all resources

Written by NZ teachers, for NZ teachers...

Teaching with you not for you
Experiential Learning
Effective Pedagogies
Inquiry and Questioning
Embedding character and values into future lives
Game Play
Planning
Reflective Practice
Providing long term skills for when the going gets tough

Success Starts Within

InnerFit



81%

Of teachers
have found the
professional
development of
**great benefit to
their teaching**

“Education in the 21st century isn’t just about reading and writing. More and more education is about teaching values, resilience and building self-confidence. InnerFit Education is a great tool that has enabled me to combine our students’ needs for literacy and numeracy skills with their need for character. My students have become an example of how an improvement in character improves academic learning as well. I strongly believe that InnerFit Education is an irreplaceable resource that all teachers should be incorporating into their teaching programme”

Emma-Jane, Teacher, Auckland

Building Character is Crucial

“Prevention & intervention strategies applied early in life are more effective in altering outcomes”

Sir Peter Gluckman, Former Chief Science Adviser to the Prime Minister

“Our boy couldn’t sit still, he was very ‘handsy’ and used his hands aggressively. I didn’t enjoy weekends. He couldn’t interact with others.

Everything has now changed.....

Read more at www.innerfit.nz

How can we help your staff and students?

Our team of InnerFit PD trainers are ready to support your school now.

Contact us for more information and a tailor made proposal to meet your needs on

brenda@innerfit.nz or mob: [021 0895 0522](tel:02108950522)

Success
Starts
Within

Fit

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