



Success  
Starts  
Within **Fit**

**inner**



**At InnerFit,  
we believe  
that success  
starts within.**

**InnerFit enables Kiwis in Education, Business and Sport to be better from the inside out, forming solid inner foundations on which to build success.**

Emotional and mental skills lie at the core of success. They are the cornerstones on which we live our lives, from which we interact with the world and succeed in our endeavours.

Our InnerFit programmes are designed to build these core skills, and develop well-balanced, inwardly strong, outwardly focused people, who are able to make great choices.

**InnerFit helps teachers, coaches and business leaders make a positive impact on the people in their care, with innovative seminars, workshops and self-management tools, delivered through the context and language of sport.**

**InnerFit origins**

InnerFit is a leading New Zealand Charitable Trust, staffed and supported by business leaders, consultants and accomplished sportspeople.

We formed in 2005 to help build better Kiwis using sport as a context and metaphor - to develop foundational life skills.

We've had a lot of success guiding Kiwis to be InnerFit, but fast forward more than a decade, and the principles upon which we started InnerFit have never been more needed, due to the enormous and accelerating changes in our society.

In today's fast-paced world, balancing the demands and expectations of ourselves and others can be challenging. Foundational structures and support mechanisms to manage the pressures of modern life and help people strive for success are minimal, hard to access or lacking altogether.

**And that's where InnerFit comes in - to help our people be 'better than before'.**

**"A kid in sport stays out of court."**

**Judge Andrew Becroft  
Principal Youth Court Judge NZ**

**"Sport is so often the hidden social worker in our communities, and it really does have the opportunity to access areas that few other activities can reach."**

**Olympian Sebastian Coe**

**"It is easier to train a child than fix a broken adult."**

**Frederick Douglass  
African-American social reformer, abolitionist, orator, writer, and statesman**



# Building InnerFit kids & educators

## We help our kids become winners in the game of life.

A person's life course is set at an early age. The good news? Interventions before the age of 10 provide an 80% chance of making a positive impact.

InnerFit helps Primary School teachers make that positive impact, with a values-based approach using the language and experience of sport.

InnerFit is an easy-to-implement, curriculum-linked Health and PE approach, that teaches and builds the fundamental life skills and employability skills that our kids need to succeed in life. Through a range of modules, we teach children to become problem solvers with resilience and a "can-do" attitude.

**And crucially, children - and teachers - love it!**

## We empower educators

As a complete teaching approach, InnerFit provides Professional Learning Development (PLD) for classroom teachers. Our support equips them with the confidence and competence to engage students actively regardless of ability.

InnerFit has unique benefits for teachers and schools:

- Makes it easy to teach Health and PE
- Meets all NZ Curriculum requirements
- Frees up valuable planning time
- Provides modelling, co-teaching and ongoing support
- Affordable and cost-effective

It also includes compelling parent materials, to help parents support the newly learned life lessons within the home environment.



## Highly relevant teaching modules

Seven modules published, providing classroom teachers with quality content for the delivery of Health and PE. For age appropriate delivery, each module is provided in three levels.

## A proven success

InnerFit's Gisborne 14-school pilot saw an estimated **75%** of Gisborne kids positively impacted, and **86%** of teachers more confident and competent in delivering health and PE activities.

**45%** of students reported an increase in their ability to cooperate, **37%** acknowledged their confidence had increased, and **64%** stated they were better at sharing. **47%** were better at managing themselves, **45%** said they were better at communicating with others, and **60%** noted an increase in their problem solving ability.

Physical skills improvements were also noted with **63%** stating their passing had improved, **51%** stating their running, dodging and throwing abilities had improved, and **61%** reporting they were better at catching.

"InnerFit is a real game-changer. As a community, we face many challenges. We have the highest percentage of decile 1-3 schools in the country and many barriers to regular quality sport and physical education opportunities for our kids. If we can invest in initiatives like this we, can build the platform for a better future."

**Brent Sheldrake**  
Sport Gisborne Tairawhiti CEO



# Building InnerFit people & cultures



## A business needs to win in the workplace before it can win in the market.

It is often quoted that culture trumps strategy. However, the question remains - how do you develop a winning culture in the workplace? The impact is felt in the energy within the culture.

This is found in the inner fitness of people, their self leadership, and their ability to relate well with others.

InnerFit helps businesses improve all of these aspects of culture, which in turn improves the morale and performance of employees and the company.

We provide effective training in the workplace that **empowers individuals to become better people.** The outcome is positive growth in the culture of an organisation.

## A unique approach

The lens of sport and games provides a powerful context and metaphor to help participants relate to the keys to success in the game of life. It is our belief that a great culture is only formed when every level of a business or organisation adopts a "better than before attitude" to their personal management and a willingness to relate well to others.

## A researched and tested approach

Our development methodology is tools-based, empowering participants to explore the potential to be better. It provides the planning to engage in the practice required for change and the support to remain on course.

## Talks, workshops and training

Innerfit Talks have been developed on innovative topics designed to stimulate interest and enquiry to take the next step toward personal and professional improvement in performance.

The talk is followed by a facilitated workshop that further explores the topic and develops a specific plan for change that participants are involved in designing and committing to.

## A proven success

Recipients of our innovative programmes have included Beef & Lamb NZ, Fresh Direct, Southern Cross Health Society, Auckland Transport, AMP, Westpac, Bayleys Real Estate and Goodman Realty.

"Out of all the seminars that I have attended, this was the most motivational and empowering. Full of energy with plenty of experience and lots of resources. It has kicked me into another gear of positively thinking about my health and the stress in my life."

Southern Cross attendees

# Building InnerFit athletes & teams



## **Athletes have talent. That's a given. But talent is just the tip of the iceberg.**

We challenge athletes and teams to develop their InnerFitness, to build the character that will protect their talent and deliver optimal performance.

Beneath the surface, physical ability must be supported by good character, integrity, discipline and resolve, especially when under huge pressure to perform. Those who have achieved greatness in sport know that their accomplishment could be attributed as much to being InnerFit, as it could be to physical fitness.

When athletes are InnerFit, they can maximise their ability to be a successful individual inside and outside the sporting environment.

InnerFit athletes understand that who they are becoming as a person provides the foundation for what they do in their chosen sport. Innerfit training improves personal disciplines and their ability to relate well to the people around them.

To develop this deep athlete self-understanding, InnerFit focuses on the athlete's thinking, emotions and relationships. This builds their core foundation as a person, providing a stable platform and the consistent ability to strive for optimal performance.

By training the inner person, InnerFit is helping to raise a new generation of sportspeople: well-rounded athletes and positive role models who are capable of realising their full potential in sport and in life.

## **Highly relevant teaching modules**

The InnerFit programme for athletes has seminars, workshops and tools available for individuals, teams and coaches.

Athletes, whether in a team sport or as an individual, all have to work with a variety of coaches, management and support crew. The culture formed either enhances or damages performance.

InnerFit training has proven to be practical and effective in developing high performing individuals and cohesive teams.

We work with athletes in all fields of sport and at all levels, from development to high performance.

## **A proven success**

Recipients of our programmes have included the NZ Breakers, NZ Canoe Racing, Sport Glsborne, High Performance Sport NZ, International Rugby Academy NZ, The Blues, NZ Rugby and Tennis NZ.

**"I have been working with InnerFit for seven years and it has given me a lot more balance in my life. They helped me define my values and gave me the tools to stay true to who I am. This has helped me with my focus on the court, and allowed me to enjoy playing, which has made me a better tennis player. Thanks for everything."**

**Michael Venus,  
2017 French Open doubles tennis champ**



# InnerFit builds success from the inside out.

InnerFit programmes are based on three core principles, each enabling individuals and teams to fulfil their potential.



## WE UNLOCK POTENTIAL

An individual can have all the talent in the world, but without inner fitness, success is not sustainable.

What's inside is the real measure of a person, and enables them to become better than before.



## WE BUILD STRENGTH OF CHARACTER

Success and progress requires commitment to change.

This requires ongoing self-discovery and perseverance when faced with challenges on the journey to success.



## WE TEACH LIFE LESSONS THROUGH SPORT

Applied correctly, sport-based teachings build better decision making, connectedness and culture.

Through the lens of sport, we instil personal values and character traits, and develop healthy long-term habits.



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[www.innerfit.nz](http://www.innerfit.nz)

**InnerFit** Success Starts Within