



Impart Skill. Inspire Action. Ignite Potential

Our Programmes

Self Awareness & Self Regulation

- Programme:** • E-Colors and Personal Intervention Workshop
- Objectives:** • Heighten self-awareness, self-regulation and self-leadership
• Improve communication and interaction
- Age Group:** • For staff & care-givers
• Youths 13 years and above
- Partner:** • Equilibria

“The training has given us opportunity to find out our personality types and thus learn to work with one another with better understanding. The activities conducted were engaging. Mike did a great job in getting both the staff and residents working together with so much fun and laughter... (the) E-Colours workshop has helped the youths to discover their personality and to apply their strengths when working with others.”

Director, Sunbeam Place @ The Children’s Society (SBP)



EQUILIBRIA™

Equilibria is the global coaching company that developed the E-Colors and Personal Intervention coaching tools. Innerstar has partnered with Equilibria to deliver the E-Colors program to help under-privileged youths better realise their potential through heightened self-awareness and self-regulation. The E-Colors program has been used successfully in schools all over the world including United States, Thailand and Singapore.

Coding, Robotics & Engineering

- Programme:**
- Coding & Robotics Workshops
- Objectives:**
- Raise awareness and build interest in a 21st century skill
 - Interested participants may get a sponsorship for coding classes
- Age Group:**
- For children 7 years and above
- Partner:**
- ripplecreate

“The programmes that Innerstar have provided have been great. They were interactive, experiential, informative and fun; and the children and youth really enjoyed and benefited from the sessions. Innerstar’s efforts to create a positive lasting impact is also aligned with our mandate and we look forward to further engagements with Innerstar in 2019 and beyond.”

Assistant Manager Partnerships, Chen Su Lan Methodist Children’s Home



ripplecreate

Ripplecreate is a leading Singapore based company focused on equipping youths with the future skill of coding and an aptitude in STEM* -related fields of knowledge. The company pursues a holistic technology-learning pedagogy, covering design thinking, computational thinking, digital quotient as well as self-directed, inquiry-based and experiential learning. Trusted by educators from over 100 schools in Singapore, Ripplecreate’s programs have benefited more than 10,000 students across a diverse range of domains from coding and robotics to cybersecurity. Innerstar is partnering Ripplecreate to equip underprivileged youths with the knowledge, mindset, skills and creativity to succeed in the 21st century and beyond.

* Science, Technology, Engineering & Mathematics

Weekly Sports Programmes

- Programme:** • Weekly Football Training
- Objectives:** • Help children develop new skills as well as teamwork & discipline
- Age Group:** • For children 7 years and above
- Partner:** • SportCares



Established in 2012 as the philanthropic arm of Sport Singapore, SportCares leverages positive sport experience to empower and better the lives of at-risk youth, low-income families, seniors and persons with disabilities. SportCares works with dedicated partners to deliver a range of Core Sport Programs such as football, athletics, basketball and swimming. SportCares' guiding principle is based on the SportCares HEARTS Framework, which spells a Journey of Care for its constituents, and is a combination of the Grit of Sports and the Nurturance of Positive Relationships.

Other Upcoming Programmes

Programme: Career Mentorship Workshops
Objectives: Help raise awareness on career options & drive aspiration
Age Group: For youths 17 years and above
Partner: Advisory.SG

Programme: Early Learning & Intervention-based Learning Programmes
Objectives: Literacy & numeracy programmes for children with learning difficulties
Age Group: Children aged 6-7
Partner: Learning Vessels



Learning Vessels
every child can learn

Thank You

For more information
www.myinnerstar.com
info@myinnerstar.com

