



Empowering Educators to
Transform Children's Mental
Wellbeing and Life Chances
through Relationships, Movement
and Self-Care Toolkits



2026–27 Partnership Brochure



Welcome to Future Action

Thank you for taking the time to explore our mission.

We've created this brochure to guide you through the wide range of services we offer, from speaking, our book and online training to regional programmes and bespoke consultancy.

At Future Action, we pride ourselves on tailored solutions, designed to meet the unique needs of your school, trust, or organisation.

I'd love to discuss how we can partner together to empower educators and transform children's wellbeing and life chances, through relationships, movement and self-care wellbeing toolkits.

I look forward to hearing from you,

Neil Moggan
Founder, Future Action

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[Book A Call: calendly.com/info-33513](https://calendly.com/info-33513)



For educators, by educators.

Future Action empowers educators and leaders with the knowledge, tools, and strategies to transform children's mental wellbeing and life chances through relationships, movement and self-care wellbeing toolkits.

Last academic year, we partnered with:



69

schools partnered
in depth, across 4
continents

58

conferences & CPD
sessions delivered

2,700+

educators trained
face to face this
year



OUR MISSION:

To build a global community of educators committed to wellbeing, belonging, and resilience.

Our Story

Future Action was founded by award-winning educator Neil Moggan, a former Director of Sport, Health and RSHE in 2020.

Across a 20-year career in an inner-city secondary school, Neil witnessed the steady decline in children's mental health, including a stark 13-year life expectancy gap depending on which side of the road students were born on.

This injustice, and his deep care for young people, inspired the creation of Future Action during lockdown.

Every strategy we share is tried, tested, and proven in real classrooms, designed to empower educators to transform children's wellbeing and life chances.



The home of Trauma Informed PE and the Global RISE Up movement

We co-create bespoke programmes with schools, MATs, councils, Virtual Schools, Violence Reduction Partnerships, Integrated Care Boards and Active Partnerships.

Sharing best practice

Connecting schools
across the world



Meeting Local Needs

Tailoring strategies to
your community



Creating Lasting Change

Sustainable, evidence
based approaches



Regional RISE Up Partnerships Transforming Whole Communities

The RISE Up 1 Year Journey:



THE REGIONAL RISEUP ROADMAP

A proven 9-step process that guides innovative regional partners to build trauma-informed school communities — boosting life chances, attendance and confidence for the children who need it most, within 12 months.



Current Regional RISE Up Partnerships:

RISEUP Communities

- Virtual School RISE Up Partnerships
- Active Partnership RISE Up Partnerships
- School Funded RISE Up Partnerships
- VRP Funded RISE Up Partnerships
- Public Health RISE Up Partnerships
- Multiple Schools On A Waiting List



The RISE Up Programme of Support for Each School:

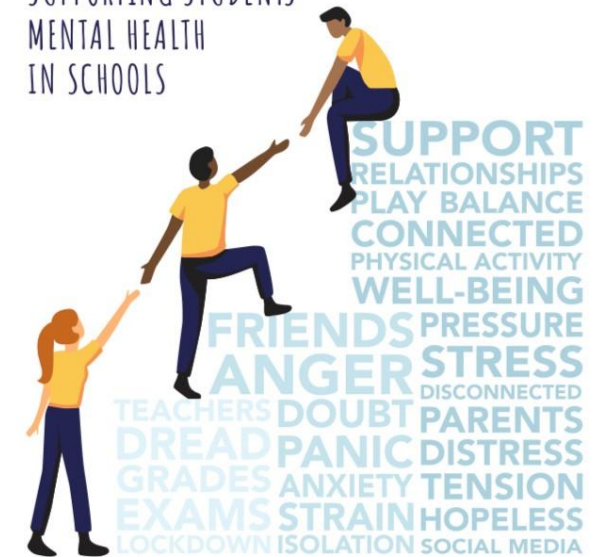
INTENT

- **Co-creation of a bespoke strategic vision for the school**
- **Co-creation of a 90 day implementation plan to overcome overwhelm for lead staff**
- **A copy of 'Time to RISE Up'**
- **RISE 24: Wellbeing Intelligence Snapshot**



Time to RISE UP

SUPPORTING STUDENTS'
MENTAL HEALTH
IN SCHOOLS



Neil Moggan

The RISE Up Programme of Support:

IMPLEMENTATION

- In person CPD & consultations to support implementation in your setting throughout the year
- Unlimited staff logins to our online 'Trauma Informed PE' & 'Trauma Informed Frontline Educators' teacher training course for a year
- Unlimited staff logins to our online 'RISE Up' early intervention mental wellbeing teacher training course for a year
- Wide range of editable resources
- Unlimited logins to our online 'Staff RISE Up' Wellbeing course.
- 16 RISE Up Student Wellbeing Guides



The RISE Up Programme of Support:

IMPACT

- Support co-creating a case study to evidence impact and celebrate the school's success
- Part of your local RISE Up community of best practice and global RISE Up community
- A celebration event for 16 of your young people and staff
- RISE 24: Wellbeing Intelligence Snapshot



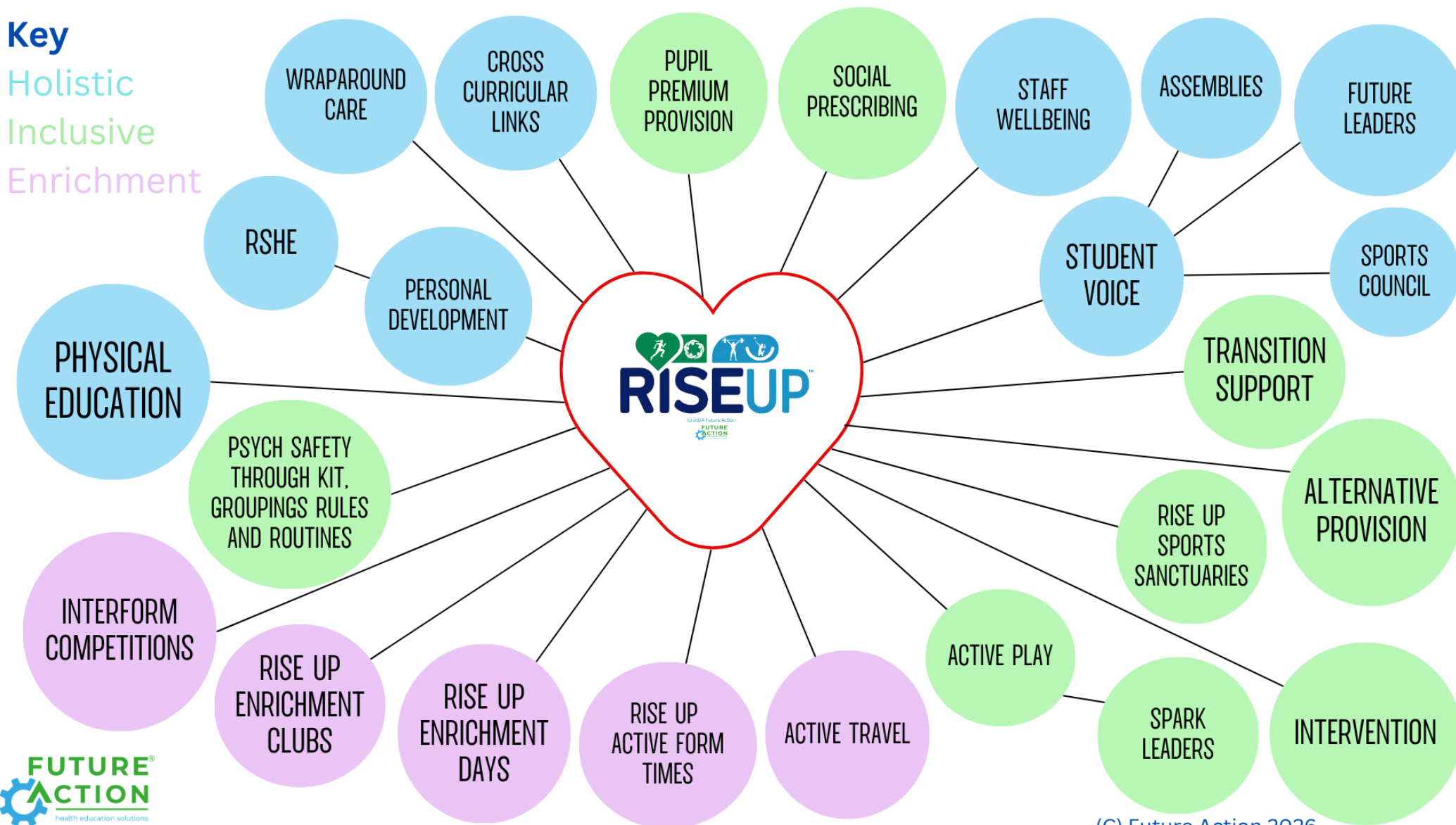
Different Ways Schools Implement RISE Up

Key

Holistic

Inclusive

Enrichment



We've presented at:

- PHASE Asia Pacific 2024 & 2025 & PHASE China 2025
- World Teacher Games 2025, France
- ASCL National Headteachers Conference 2025
- Attachment Research Community National and Regional Conferences 2025
- Whole Education Conference 2025 & 2026
- Youth Sport Trust National Conference 2023 & 2024
- Association for PE National Conference 2023 & 2026
- Western Australia State PE Conference 2025 (ACHPER WA)
- PE CPD Day for Active Sussex
- Active Surrey & Living Sports Active Partnership conferences Keynotes
- Salford SSP and SHAPE SSP Conference Keynotes
- Sandwell Virtual School DL Conference
- Future of PE Conferences with WannaTeach PE



Neil Moggan

International Keynote Speaker — Inspiring & Practical

“Every session blends research with practice, leaving educators inspired and equipped with tools they can use the next day.”

Popular topics include...

- An Introduction to Trauma Informed PE
- RISE Up: Early Intervention Mental Wellbeing – Developing Emotional Intelligence & Self-Care Toolkits
- RISE Up: The Link Between Movement, Regulation, Belonging & Mental Wellbeing
- RISE Up Sport Sanctuaries for Emotional Regulation
- Inclusive Teams & Developing A Sense Of Belonging
- Connecting Before Correcting: Managing Behaviour Without Retraumatising Children But Maintaining High Standards
- Addressing Affluent Neglect: The Role of Trauma Informed PE
- Beyond The Game: Optimising performance on and off the pitch through Psychological Safety



Online Courses – RISE Up Early Intervention Wellbeing Teacher Training

What it is:

A proven 9 step process that guides innovative teachers to reduce students' anxiety, build their confidence and create a sustainable early intervention wellbeing programme within 90 days.

Outcomes:

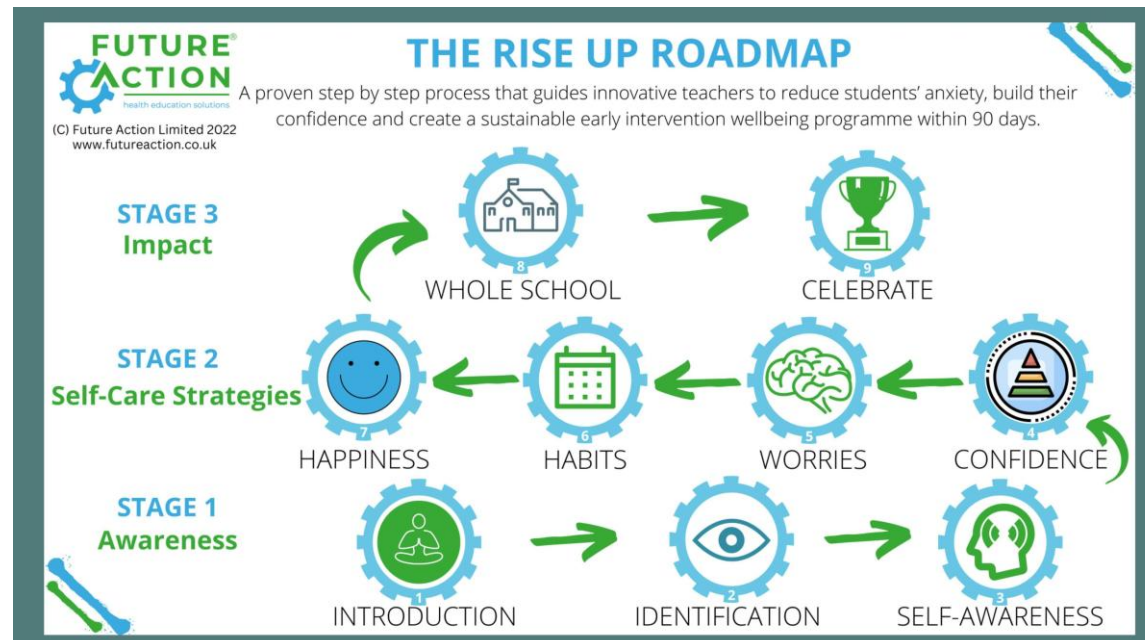
- Reduced anxiety & behaviour issues
- Improved student confidence
- Staff equipped with proactive wellbeing strategies

Packages:

Bronze – 1 login + 1 consultation

Silver – Unlimited logins + 3 consultations

Gold – Unlimited logins + in-person training + celebration event + access to Trauma Informed PE/Frontline courses



Online Courses – Trauma Informed PE Teacher Training

What it is:

A 7 step process to guide teachers how to implement trauma informed practice in Physical Education to transform relationships, wellbeing, engagement, behaviour & progress within 90 days, and children's life chances in the long term.

Outcomes:

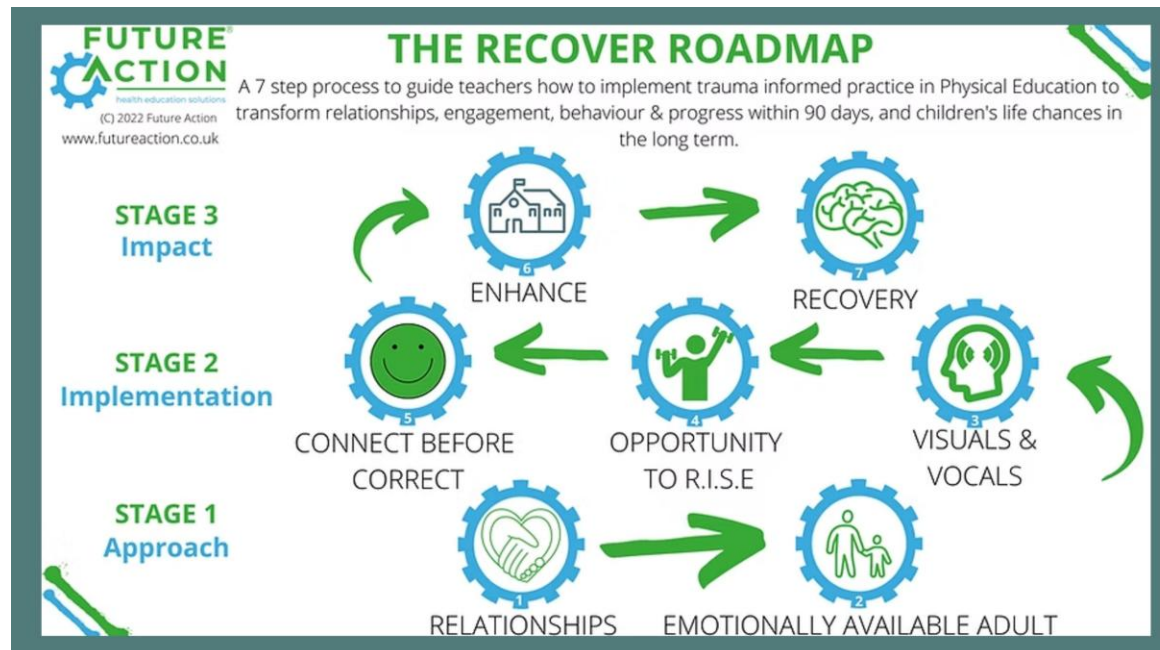
Safer classrooms, stronger relationships, improved behaviour and engagement

Packages:

 **Bronze** – 1 login + 1 consultation

 **Silver** – Unlimited logins + 3 consultations + access to Trauma Informed Frontline Educators

 **Gold** – Unlimited logins + in-person CPD day + case study support + celebration event



Online Courses – Trauma Informed Frontline Educators Training

What it is:

A 7 step process to guide frontline teachers how to implement trauma informed practice to transform relationships, wellbeing, engagement, behaviour & progress within 90 days, and children's life chances in the long term.

Outcomes:

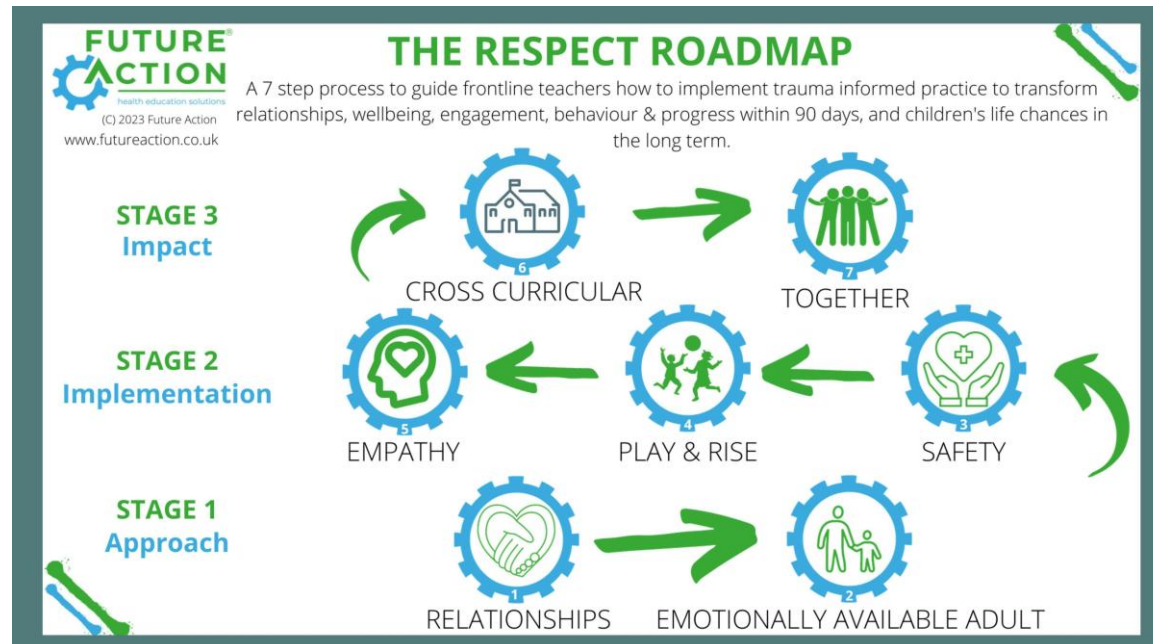
Fewer removals, calmer classrooms, emotionally safe school culture

Packages:

Bronze – 1 login

Silver – Unlimited logins + 2 consultations

Gold – Unlimited logins + twilight training + case study support



Online Course – RISE Up Staff Wellbeing Teacher Training

What it is:

A 7-step concise process designed to guide busy educators in creating their own self-care toolkit to enhance their mental wellbeing and build resilience within 90 days.

Outcomes:

Stronger staff resilience, improved morale, reduced burnout

Packages:

 **Bronze** – 1 login

 **Silver** – Unlimited logins + 2 consultations

 **Gold** – Unlimited logins + CPD day + wellbeing action plan + celebration certificates



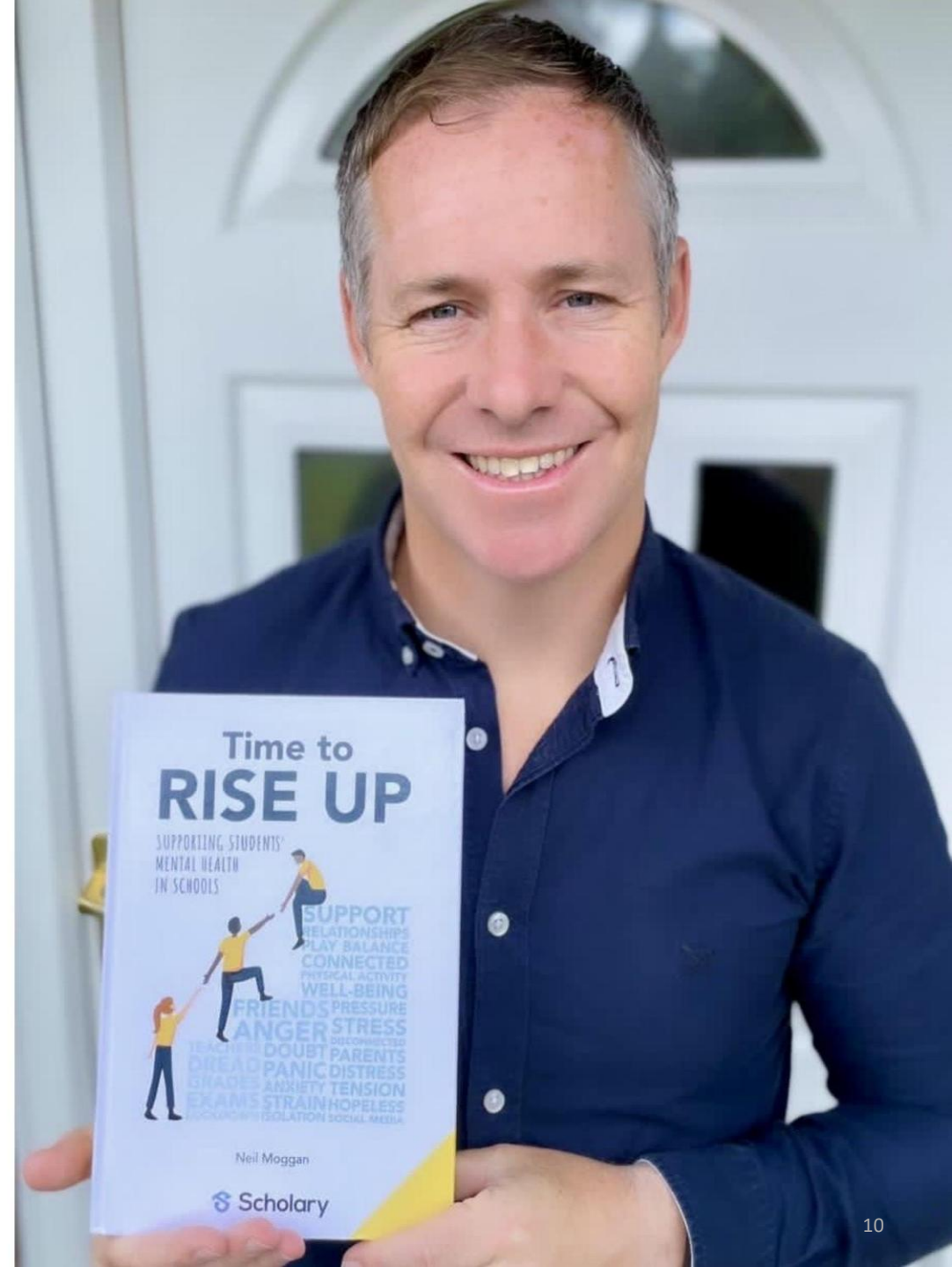
Time to RISE Up
Supporting Students' Mental Health in Schools
By Neil Moggan (Foreword by Dr Elizabeth Durden-Myers)

A practical, research-backed guide filled with case studies and strategies educators can apply straight away.

"A must-read for educators who want to put wellbeing at the heart of learning."

Available via: Amazon

<https://amzn.eu/d/9UTXfY6>



What it is:

A 5 step process to guide colleagues on how to optimise your young people's performance when under threat and judgement within 100 days, and develop transferable skills in the long term.

Outcomes:

Resilient athletes, better performance, transferable life skills.



BEYOND THE GAME - THE 5C'S

A 5 step process to guide colleagues on how to optimise our young people's performance when under threat and judgement within 100 days, and develop transferable skills in the long term.



Tailored to Your Needs

We work directly with schools, MATs, councils, and system partners to:

- Design bespoke wellbeing strategies
- Train and upskill staff
- Measure and evidence impact
- Develop sustainable approaches for long-term change

Bespoke pricing, contact us for tailored packages.

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Evidence of Impact:

- 38% increase in pupil wellbeing on average
- 35% increase in School Wellbeing Scorecard on average



Recognition:

UK's Leading Student Wellbeing
Teacher Training Course

UK Enterprise Awards
2025 & 2026

**Explore more case studies, impact reports
and testimonials:**

www.futureaction.net/impact

We look forward to hearing from you.

info@futureaction.co.uk