



N3W ANGLE BOXING

Who are N3W ANGLE?

N3W ANGLE is a non-profit community interest company providing early intervention and mentoring for young people. Founded by mentors with lived experience, they work with schools and communities through assemblies, mentoring, workshops, and sports programmes to build resilience and aspiration.



What does a session look like?

Boxing sessions in school provide a safe, structured outlet for physical activity, emotional regulation, and confidence building. Delivered through a mix of one-to-one and group sessions, they help students develop discipline, resilience, teamwork, and self-control.

How does it help students with their wellbeing?

N3W ANGLE supports wellbeing by helping young people develop self-discipline, confidence, emotional regulation, and positive decision-making. Sessions can improve fitness, focus, and self-esteem while providing positive mentoring relationships and opportunities to manage stress in a healthy way.