

IMPACT SOCIETY BUILDS FLOURISHING LIVES ACROSS ALBERTA THROUGH HEROES

INTRODUCTION

Our vision at Impact Society is a future where every youth is given the tools needed to live a flourishing life. This narrative stems from the framework used to measure the progress of youth participating in Heroes Programs. This framework is known as the Flourishing Life Questionnaire (FLQ) and was developed by Flourishing Life Technologies. The FLQ assesses student's internal and external strengths in order to provide information about their resilience capacity.

WHAT IS THE FLOURISHING LIFE FRAMEWORK?

The Flourishing Life Framework is derived from nearly 30 years of research based on principles of positive psychology. This framework centers on the importance of a strength based approach to listening, understanding and responding to each unique individual. The assessment tool is critical in measuring the impact of Heroes Programs on youth development in a scientifically proven way. The FLQ provides a questionnaire, individualized profiles, outcome reports and more to better understand a student's internal and external strengths as well as their resilience capacity.

BREAKDOWN OF RESULTS

INTERNAL

91% of Students Developed a Solidified Capacity for Self-Care

The Heroes Programs provide participants with self care suggestions and teaches the importance of these practices for developing and sustaining positive mental and physical health.

89% of Students Developed a Solidified Strength Capacity for Social-Awareness

This is taught through Heroes by challenging youth to both learn and consider the perspectives of others.

87% of Students Developed a Solidified Strength Capacity for Self-Awareness

Heroes Programs teach self-awareness by enhancing youth's understanding of their character, strengths, feelings, motives and desires.

122
STUDENTS

completed pre and
post FLQ assessments
with the Heroes
program in 2023

93% of Students Developed a Solidified
Strength Capacity for Resilience

EXTERNAL

92% of Students Developed a Solidified Capacity for Home Life Influence/Support

As students become more attuned with their emotions, thoughts, and behaviours through Heroes, they may begin to open up to those within their home environment. This vulnerability can foster closer relationships that increase perceived support.

84% of Students Developed a Solidified Capacity for School/Work Influence/Support

Heroes encourages vulnerability to gain reciprocity which leads to a greater sense of support and belonging within the school environment.

83% of Students Developed a Solidified Capacity for Learning Influence/Support

This links to the Heroes Program as it promotes positive and supportive relationships and empowers participants to set goals and identify their passions.