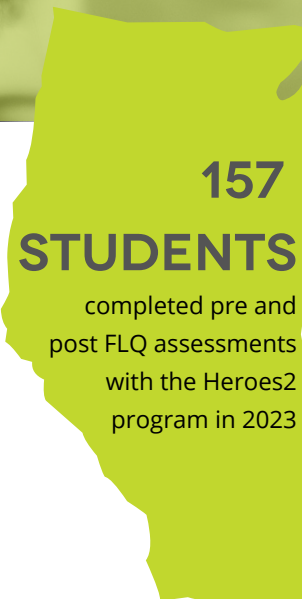


# IMPACT SOCIETY BUILDS FLOURISHING LIVES ACROSS ALBERTA THROUGH HEROES2



## 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 Heroes2 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

#### **88% of Students Developed a Solidified Capacity for Self-Care**

Heroes2 provides participants with self care suggestions and teaches the importance of caring for yourself to increase your capacity to care for others.

#### **83% of Students Developed a Solidified Strength Capacity for Self-Awareness**

Heroes2 Programs teach self-awareness by enhancing youth's understanding of their character, strengths, feelings, motives and desires. It identifies causes that align with a student's values to better understand their passions.

#### **78% of Students Developed a Solidified Strength Capacity for Social-Awareness**

This is taught through Heroes2 by challenging youth to both learn and consider the perspectives of others and build collaboration skills



### EXTERNAL

#### **82% of Students Developed a Solidified Capacity for Learning Influence/Support**

This links to the Heroes2 as it prioritizes student well-being and builds a sense of empowerment in recognizing goals and a sense of purpose. The recognition of school supports is crucial to help youth achieve their purpose.

#### **82% of Students Developed a Solidified Capacity for School/Work Influence/Support**

Heroes2 encourages vulnerability to gain reciprocity which leads to a greater sense of support and belonging within the school environment.

#### **81% of Students Developed a Solidified Capacity for Peer Influence/Support**

Peer relationships are a key component of Heroes2 where collaboration is emphasized. The recognition of each others strengths results in greater peer support overall.