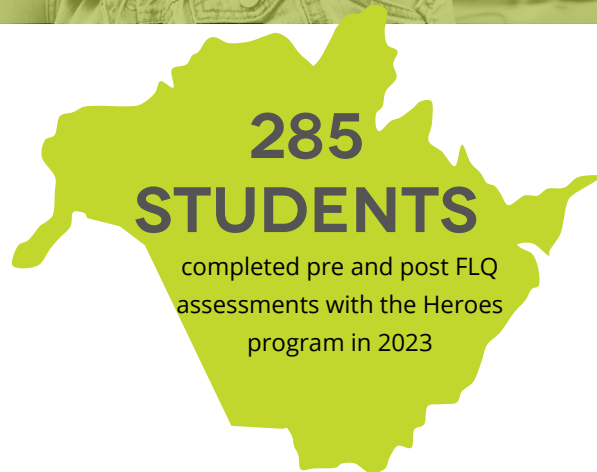


# IMPACT SOCIETY BUILDS FLOURISHING LIVES ACROSS NEW BRUNSWICK THROUGH HEROES

## 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

#### **85% 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.

#### **82% 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.

#### **80% 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.



### EXTERNAL

#### **89% 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.

#### **77% 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.

#### **73% of Students Developed a Solidified Capacity for Peer Influence/Support**

Peer relationships are a key component of Heroes where youth are encouraged to seek out positive relationships and support systems while being mindful of their impact on those around them.