Why Ambassadors of Compassion?

Trauma, in all its forms, is one of the most significant problems facing our school systems and students. This unresolved hurt and pain, expressed as anxiety, depression, anger, or worse, impedes students' ability to perform to their optimal capabilities and often leads to destructive behaviors. Recent studies show that the COVID pandemic has exacerbated the situation.

The antidote is Emotional Resilience.

Emotional Resilience is the ability to recognize and release unresolved hurt and pain, understand and manage emotions, and turn negative circumstances into motivation for positive action. It is learned behavior that can be improved with practice.

When students are not emotionally resilient, when they are struggling with hurt and pain, their ability to function optimally is diminished.

Ambassadors of Compassion programs provide a safe space for students to address their real-life issues in a positive way. Fostering self-awareness, purpose, connection, and hope that effectively minimizes the emotional obstacles that deter learning and lead to destructive behaviors.

Independent research validates that our evidence-based programs improve grades and attendance, as well as reduce anger, distraction, disciplinary actions, and self-harm; ultimately allowing students to take responsibility for their own learning process and lives.

Schools report better performance after students go through the Ambassadors program because they are more comfortable and confident with themselves, better connected to their classmates, and less distracted by off-campus issues. All of which allows them to perform at their best.

Nearly 100,000 students have participated in the innovative, Ambassadors of Compassion resiliency building, character development, and self-leadership programs. Equipping them with the critical social and emotional skills necessary to navigate through life's inevitable challenges. The programs are scientifically measured and proven to increase emotional resilience and students' performance, as well as decrease destructive behaviors in the lives of students.

Our Vision is a generation of emotionally resilient, self-sufficient, and compassionate students overcoming their negative experiences and taking responsibility for their own lives, while serving the needs of their community, our nation, and the world.

Our Mission is to provide evidence-based programs that remove the emotional obstacles preventing students from reaching their full potential. By drawing on the experience and expertise of successful leaders, influencers, and educators, and by partnering with caring corporations, the entertainment industry, pro and college sports teams, and community-based groups, we deliver proven emotional resilience training and hands-on activation that promotes emotional, academic, social, and life success.

Our Learning Model

The Ambassadors Emotional Resilience Learning Model includes hands-on learning, interacting with peers with empathy and accountability, and putting into practice concepts, principles, and insights which help students overcome emotional obstacles. It helps students find their voice and provides a safe space to uncover and process their real-life issues. The confidence gained during the program also shapes students' character and helps them be a positive influence on others in their school and community.

AMBASSADORS OF COMPASSION

Outcomes

The Ambassadors of Compassion Program helps students:

- recognize and release unresolved hurt and pain
- understand and manage their emotions
- turn negative experiences into positive motivation
- deal with failure and handle the pressure to excel

Students perform better because they are:

- more comfortable and confident with themselves
- better connected to their peers
- less distracted by outside issues
- all of which allows them to perform at their best

How We Do It. Immersive 10-Session Program.

Starts with a 90-minute Kickoff Event – Opens hearts.

- Creates emotional connection between students
- Introduces program content and begins powerful small group conversations
- Models the program for the following sessions
- In-School or Citywide Kickoff

Followed by nine 1-hour sessions – Provides the tools.

- Each topic is introduced with powerful video
- Students meet in safe, confidential small groups for peer-to-peer discussions
- Process deep real-life issues with empathy and accountability
- Put into practice strategies and skills with weekly calls-to-action
- Guided journaling that allows individuals to go deeper

Students select a Service Project that is relevant to them.

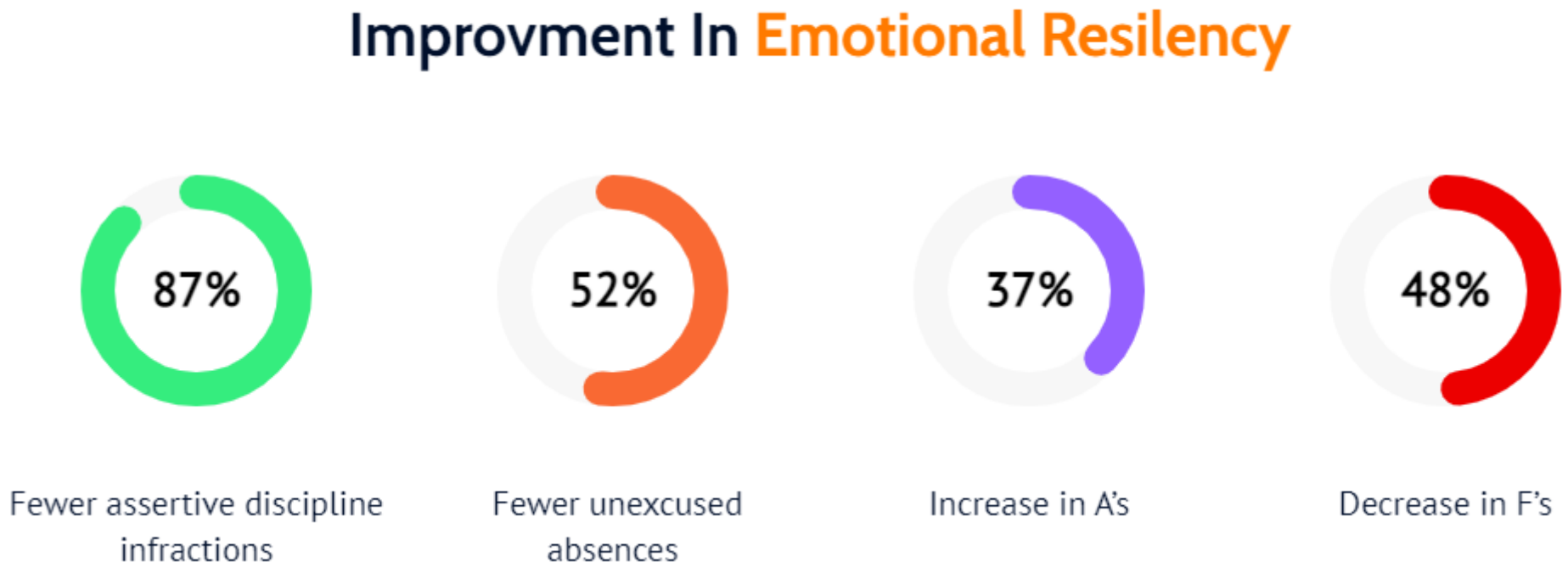
- Reinforce learning and equipping student to impact their communities
- Gives hope and purpose by serving something bigger than themselves

The journey ends with an Honor Event.

- Students are recognized and affirmed for their accomplishment
- Certificate of Completion used for service credits and college or job applications

Program Efficacy

Over 80,000 students have completed our programs to-date. Schools report better behavior and improved performance after the program as students are more comfortable and confident with themselves, better connected to their peers, and less distracted by emotional issues. One example is Lathrop Middle School in Santa Ana, CA. In a pre- and post-program assessment conducted by the school, the 250-students completing the program demonstrated:



Program Efficacy

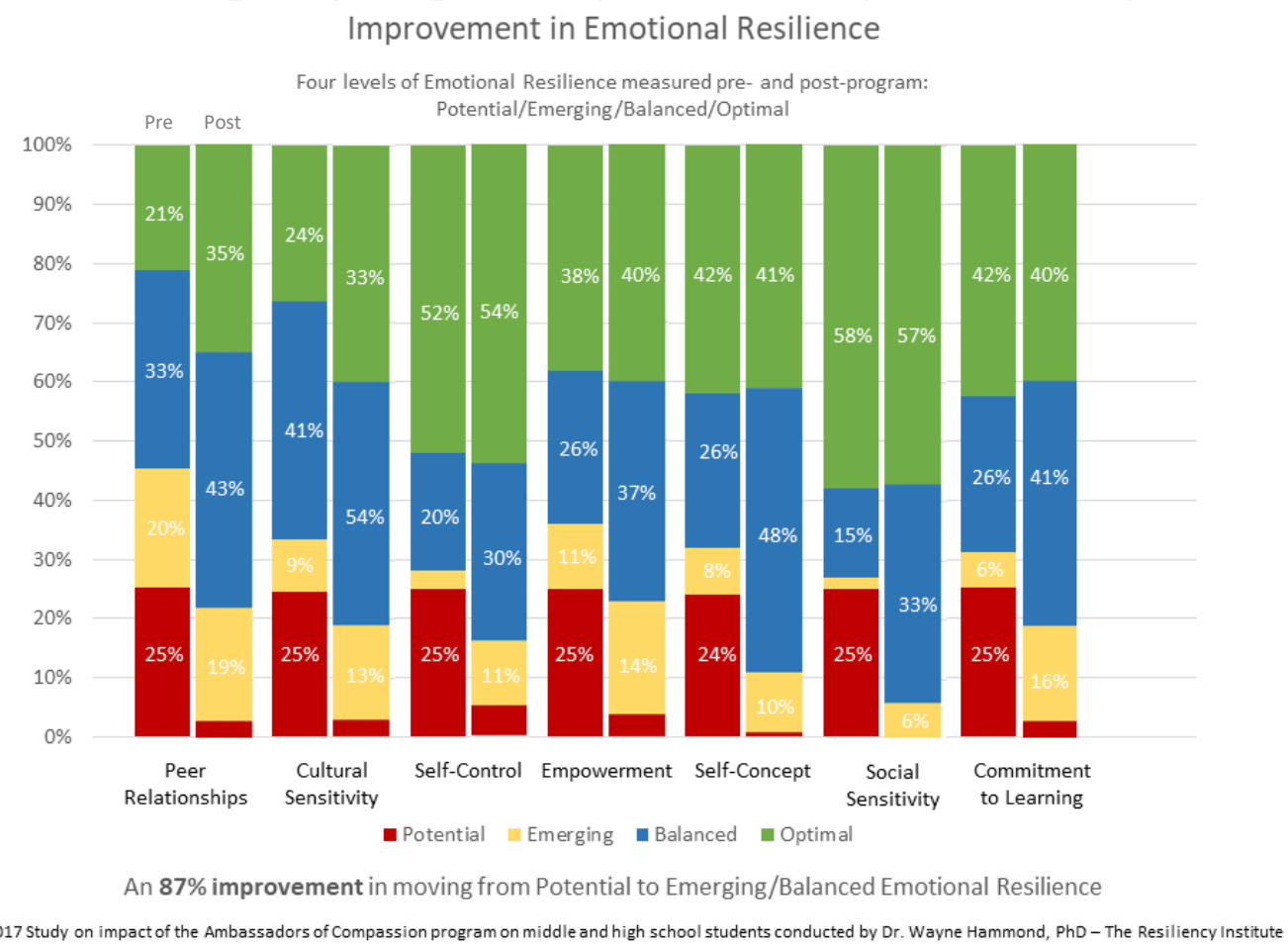
The Ambassadors programs were developed with the help of educators, mental health professionals, and business and community leaders.

The programs have been independently studied and published.

Dr. Wayne Hammond, PhD and CEO of The Resiliency Initiative, measured the effectiveness of our programs on improving emotional resilience for 2,300 middle and high school students across the sociographic, demographic, and economic spectrum.

His team assessed the emotional resilience of students prior to, and after the program, using the scale of Potential, Emerging, Balanced, or Optimal Emotional Resilience.

Dr. Hammond concluded there was an **87% improvement** in students moving from Potential or Emerging emotional resilience to Balanced or Optimal emotional resilience upon completion of the program.



2017 Study on impact of the Ambassadors of Compassion program on middle and high school students conducted by Dr. Wayne Hammond, PhD – The Resiliency Institute

Program Efficacy

- ✔ **95%** increase among students who now know the meaning of forgiveness and how to apply it to their life
- ✔ **50%** of the students were able to share a deep emotional pain that they had never been able to share before
- ✔ **91%** increase among students who now feel they have more control of their life and future
- ✔ **85%** increase among students who now feel they can choose positive influences for their life
- ✔ **96%** increase among students who now feel they are able to plan and set realistic goals for their life

Resiliency Initiative Study

"In my 25 years working with complex students, **the Ambassadors of Compassion Program results are the most positive I've ever seen**. The Ambassadors of Compassion journey adds that missing component of **developing character**. It develops youth from the inside out."

DR. WAYNE HAMMOND – CEO/CSO, Resiliency Initiatives

"I've witnessed the results from students who have completed the Ambassadors of Compassion program. They are **transformational** and **stellar**."

GENE BEDLEY – School Administrator, National Outstanding Educator of the Year

For more information contact Rob Unger at rob.unger@aoclife.org