

The Mindfulness Ambassador Program Logic Model provides an overview of how our program operates. It helps to differentiate between what is happening in the council and what will happen as a result of the program. It is a road map to define the goals of the program and what is achievable in the short term and long term. In the short term, participants learn and practice mindfulness based social-emotional competencies and life skills to apply to their daily life. In the long term, program participants demonstrate changes in behavior and redefine their identity within the school and community to incorporate the program values that resonate with each individual.

Program Goals and Outcomes

