

TUNING INTO YOUR HEART

Self-Development
Through Conscious Living

Ambassador Program

heartfulness
advancing | with kindness



2-Hour Workshop

Workshop may be taken online or in-person.

The “Tuning Into Your Heart: Self-Development Through Conscious Living” Ambassador Program is a 2-hour comprehensive introductory workshop for school staff and community members to gain insight into our program offerings and unique approach to engaging with schools. Through this program, participants develop an understanding of Heartfulness and its effectiveness in promoting social-emotional learning and will craft an action plan for reaching out to schools that might benefit from our program.

The Heartfulness Program for Schools meets CASEL’s Promising Program designation for evidence-based programs, indicating that it can play an important role in a school’s approach to promoting social and emotional learning. [LEARN MORE](#)



Introduction to Heartfulness Program for Schools (HPS)

- Understand social-emotional learning (SEL)
- What is SEL in education?
- 5 competencies of SEL
- Heartfulness approach to SEL

Offerings of HPS

- Training: ambassador, trainer, coach
- K-12 student curriculum
- Before- or after-school programs and clubs
- Parent and community workshop
- Events for Peace (Sep), Power of Gs (Nov), Kindness (Feb), and Earth to Heartfulness Day (Apr)

Mission and Vision of HPS

- Mission
- Vision
- HPS goals
- Key pillars of HPS

Research and Impact of HPS

- HPS in North America 2015-present
- Research study spotlight
- Testimonials from HPS implementation

Action Plan to Approach Schools

- Brochures and proposals on HPS
- Connecting with your local schools
- Our webpage and email address
- How will you share HPS?
- Reach out for ongoing support

What Is Heartfulness?

Heartfulness offers a means to tap into the heart's unlimited resources through a variety of simple and practical relaxation and inner-journey solutions. This can aid us in problem-solving and empower us to be the best we can possibly be in all aspects of our life. Heartfulness methods are practiced in more than 126 countries throughout the world, in schools, universities, corporations, communities and among individuals.

What Is Heartfulness Program for Schools?

Heartfulness Program for Schools is a program of workshops that teach simple and effective relaxation, affirmations and breathing techniques to help develop calmness from within for reduced stress and anxiety, improved focus and overall well-being. The programs range from a single workshop to a workshop series for a deeper understanding of relaxation. Ongoing support is available from Heartfulness trainers and coaches.

How Does Heartfulness Help in Schools?

In our school programs, participants become:

- More relaxed and calm
- Better integrated and equipped to have healthy relationships
- More positive and focused
- Healthier and more balanced
- More creative and productive

How Much Do Heartfulness Programs Cost?

Heartfulness Program for Schools is offered completely free of charge by Heartfulness Institute, a non-profit organization. Heartfulness programs are open to everyone irrespective of religion, nationality, personal beliefs, socioeconomic background, academic ability or other demographics.



To learn more, visit
Heartfulnessinstitute.org

Tuning Into Your Heart



Heartfulness Program for Schools is for everyone in a school system, not just students. Its holistic approach considers the individual needs of all members of a harmonious school body.

- Conducted by trained and certified coaches
- Informational without competition or pressure
- Provides engaging activities that nourish compassion and acceptance
- Fosters confidence and improves mental clarity

To learn more about scheduling a Heartfulness program at your school, contact us at edu@Heartfulnessinstitute.org