



# HEROES<sup>®</sup> ARE WARRIORS



*Our vision is for every young person to have the tools and system of support they need to live a flourishing life.*

Impact Society is a non-profit organization that focuses on providing educational programs to increase the resilience and the well-being of young people. Since 1994, we have been developing curriculum resources for youth, educators, communities and families, increasing their resilience and mental well-being.

Heroes<sup>®</sup>, our signature program, is a proven method that helps youth of any background and risk level to develop the life skills and positive mental health required to navigate risk and to flourish in life. Overtime, Indigenous educators and leaders became acquainted with Heroes, informing us that the Heroes experience was a natural fit for building up their youth as they saw their Seven Teachings of love, wisdom, humility, respect, courage, honesty, and truth naturally intertwined within.

Through **Heroes are Warriors**, our desire is to break down barriers between Indigenous and non-Indigenous people, and to assist Indigenous communities across our nation to achieve their goal of a community culture which inspires and enables youth to experience a balanced life—emotionally, mentally, physically and spiritually.

*A hero is someone who uses their gifts & abilities to make a positive change in themselves and others.*

## THE HEROES ARE WARRIORS PROCESS

We believe that youth are our most valuable resource. As youth take steps towards confidence, character and integrity, rooting themselves in the Seven Teachings—individuals and whole communities can be dramatically affected in positive ways.

STEP  
**01**

Chapters 1-3  
**CONFIDENCE**  
(feelings)



Confidence increases when we strengthen our inner self through building our self-esteem, self-image and self-dignity.

STEP  
**02**

Chapters 4-5  
**CHARACTER**  
(thoughts)



Positive choices are made based on who we are and not our circumstances; strengthening our character, increasing our resilience and our well-being.

STEP  
**03**

Chapters 6-9  
**INTEGRITY**  
(behaviour)



Positive behaviour stems from our inner confidence and strong character.

STEP  
**04**

Chapters 10a & b  
**PURPOSE**  
(conviction)



Living with confidence, character and integrity provides the ability to live with purpose, resulting in a positive impact on the world around us.

## HEROES ARE WARRIORS AT A GLANCE:

**AGES 11+**



**12 – 20 HOURS**



**IN CLASS**



**\$45\*  
PER STUDENT**



\*Our programs are often eligible for a subsidy.

## WHAT'S INCLUDED:

- Instructor Training
- Journal for every student
- Access for parents/guardians to Heroes @ Home
- Before and after psychological strengths evaluation
- Flourishing Life Questionnaire Report for Educators

## SCAN HERE FOR SAMPLE CHAPTER:



## WHAT EDUCATORS ARE SAYING:

“ *On my first day of Heroes, I say to my students that Heroes, in my opinion, is the most important course you will ever need to take, as it lays the foundation for every step of success along the way.*

- Educator, Heroes Facilitator



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