Ambassadors of Peace is a unique leadership development program to build the capacity of community leaders to promote greater mental health, healing, and resilience within themselves and their communities, neighborhoods and organizations that they serve.

WHERE DO WE GO FROM HERE

There is an urgent need to build Leadership Capacity

Improve resilience, mental health and inner well-being

Build trusted relationships

Design compassionate solutions for community challenges

Develop emotional and social intelligence

‘Peace is not the absence of conflict, it is the ability to handle conflict by peaceful means.’
PROGRAM CONTENT & OUTCOMES

SKY Breath & Meditation practices to reduce stress, increase self awareness, resilience and creativity
Interactive discussions to build trust and enhance interpersonal skills
Self-Reflection exercises to recalibrate the mission, vision and purpose of Leaders and organizations
Enhanced Networking skills to create sustainable partnerships for scaling impact
Train the Trainer sessions to actively promote peace and uplift communal harmony

WHO SHOULD ATTEND

- Civic Leaders (Mayors, Policy Makers)
- Professionals from Public Safety, Public Health, Mental Health, Law Enforcement, Education, Fire, EMS)
- Leaders of Community Organizations (Foundations, Non-profits, Interfaith)
- Social Justice activists (women empowerment, LGBTQ+, Human Rights, Gender Rights etc.)

PROGRAM SCHEDULE (classwork: 40 hours; homework: 10 hours)

Leading with Peace
SKY Mindful Leadership
Week 1
4 sessions
2 hours each

Leading with Heart
Deepen Healing and Transformation
Week 2
2 sessions
2 hours each

Leading with Soul
Deepen Healing & Resilience
Week 3
3 consecutive sessions
2 hours each

Leading with Purpose
Recalibrate Mission and Purpose
Week 4
3 sessions
2 hours each

Train the Trainer
Build capacity to train others
Week 5-6
4 sessions - two per week
2 hours each

Peace in Action
Social impact through Field Work
Week 7-8
4 sessions - two per week
2 hours each

Participants will be selected based on
- Commitment towards social change
- Creative problem solving skills
- Self motivation
- Ability to build networks
THEORY OF CHANGE

Leadership programs are typically focused on tactics and strategies. These approaches often ignore the many layers of stress, anxiety and pressure that can affect their true abilities and potential. Leaders need to be equipped with tools to enhance their mental well-being and social connectedness.

The Ambassadors of Peace program provides community leaders with proven tools, frameworks, support systems to enhance mental well-being and helps them to recalibrate their individual and organization’s purpose & impact. The inner work also empowers leaders to design solutions with greater compassion for themselves and the communities that they serve.

IMPACT OF THE PROGRAM

Since 2019, Cities4Peace Programs have made a lasting positive impact on communities in South Central Los Angeles, Pomona & Albuquerque. Researchers from George Mason University evaluated the participants after undertaking our flagship program in Los Angeles. Results are as shown to the left.

| Increased Energy and Happiness | 82% |
| Ability To Stay Focused | 91% |
| Enhanced Clarity of Mind | 98% |
| Remaining Calm in Challenging Situations | 91% |
| Ease of Social Connection | 87% |
| Increased Effectiveness in both Personal & Professional Life | 84% |

About the Cities4Peace Initiative

Cities4Peace is a global initiative of the International Association for Human Values (IAHV) - a nonprofit humanitarian organization. Our mission is to build the capacity of individuals, organizations and communities with transformative tools and frameworks that increase social connection, resilience and bring peace across the world.

TESTIMONIALS

“I appreciated the combination of practice and theory. It can transform you, and through you it can transform others. Becoming an Ambassador of Peace opens opportunities for compassion and community-building.”

Nora Jacob
Community activist, Pomona, CA

“We carry a heavy load when we do community intervention work, and the breathing meditation tools have helped to lighten that load 100%”

Andre Vickers
Gang Intervention Activist, Chapter T:W.O., Los Angeles