

Ambassadors of Peace

Building Leadership capacity to amplify Peace

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.

CONTEXT

Multiple vectors affecting our society

Multiple vectors including COVID-19, climate change and systemic racism have forced leaders to open our hearts and our minds to fundamental realities.

Stress and anxiety in communities are reaching unprecedented levels and threatening the mental health & wellbeing of our society.



COVID-19

CLIMATE CHANGE

SYSTEMIC RASCISM

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.)

Participants will be selected based on

- Commitment towards social change
- Creative problem solving skills
- Self motivation
- Ability to build networks

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

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.

Increased Energy and Happiness

82%

Ability To Stay Focused

91%

Enhanced Clarity of Mind

96%

Remaining Calm in Challenging Situations

91%

Ease of Social Connection

87%

Increased Effectiveness in both Personal & Professional Life

84%

BE THE CHANGE

INDIVIDUAL
PEACE



HARMONIOUS
COMMUNITIES &
ORGANIZATIONS



PEACEFUL
SOCIETY



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.

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