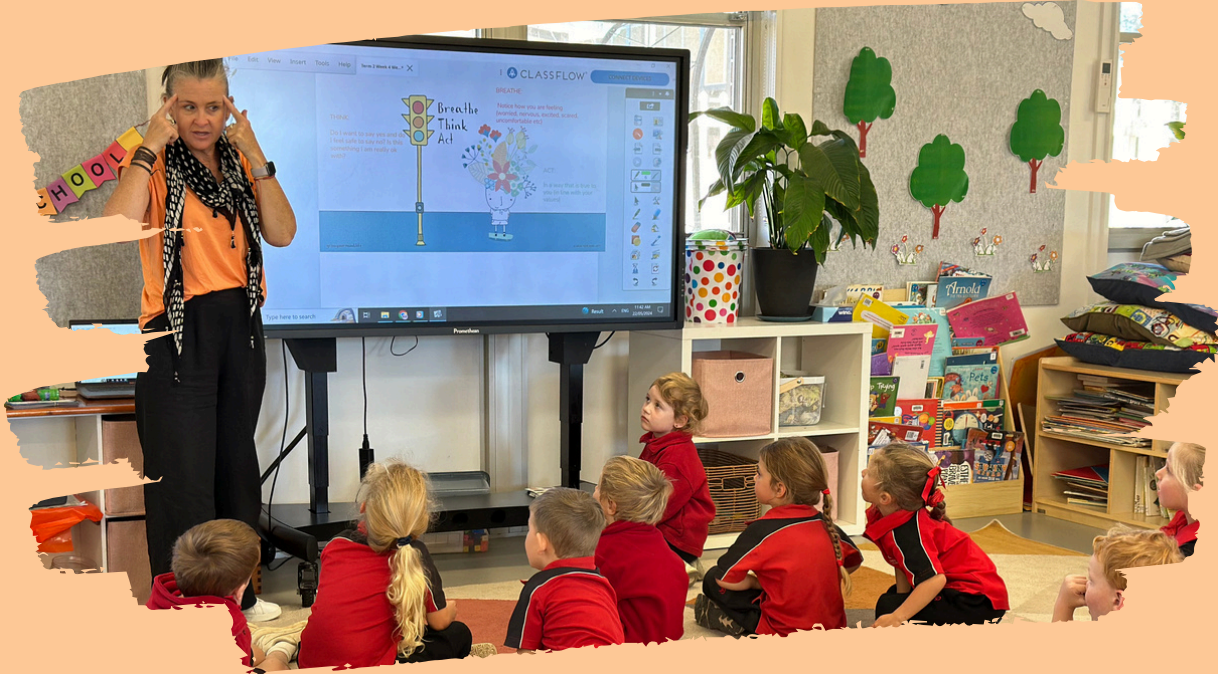


IMPACT REPORT



A message from our founders

We know that poor mental health doesn't discriminate. As a certified Bcorp we are committed to play our role in ensuring that communities that might otherwise miss out, have the opportunity to access high impact and research-informed mental health education. This is why, in 2021 we launched Project Flourish.

Project Flourish is scholarship initiative that has enabled us to support 12 schools to date by giving them access to the Grow Your Mind schools program, alongside professional development to support staff wellbeing and build a whole school culture of wellbeing.

Who we were able to support these last 12 months

In 2023 due the generous donations from our community we raised \$24,282 this gave us the ability to award 5 full scholarships and tow subsidised scholarships to the following schools:

Leeton Public School (NSW)
Peak Hill Central School (NSW)
Hillvue Public School (NSW)
Carinya Christian School (NSW)
Tarro Public School (NSW)
Cobar Public School (NSW)
St Gabriels School (SA)

23-24 IMPACT SNAPSHOT

1641

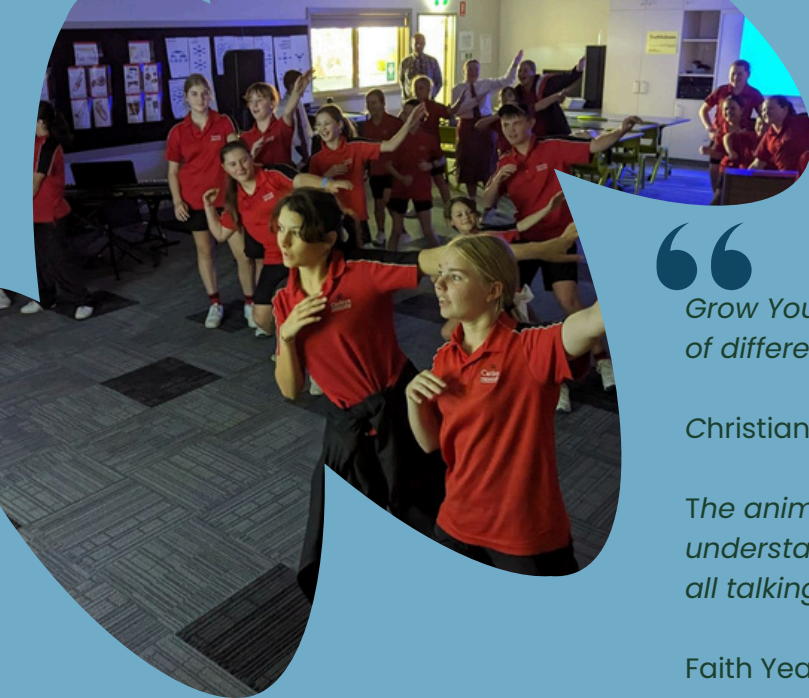
Students were reached via our Project Flourish scholarship

541

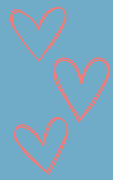
of these students identify as Indigenous

220

Educators were given access to the Grow Your Mind schools program, Implementation support and PD to support their own wellbeing



STUDENT IMPACT



“

Grow Your Mind has taught me that I have lots of different emotions and they are all important.

Christian Year 6 student

The animals in my brain have helped me to understand how my brain works. When they are all talking, my brain is calm and happy.

Faith Year 6 student



IMPACT INDICATORS



SINCE USING THE PROGRAM

Mental health knowledge

78% felt they knew more strategies to look after their mental health

Brain awareness

70% felt they knew more about their brain

Emotional Regulation

84% felt they knew more ways to emotionally regulate when they were worried, sad, jealous, angry or frustrated

Connection

87% felt they had someone at school they could turn to if they had a problem

Appreciation

93% felt they had a greater appreciation of the good things and good people in their life

Behaviour

70% said they used something from Grow Your Mind at least 1 x week or more often



EDUCATOR IMPACT



The Grow Your Mind program has had a wonderfully positive impact on our school community... By focusing on mental health and wellbeing, the program has helped us to equip students with essential skills to manage stress, build resilience, and foster a positive mindset.



Mark Hampstead
Carinya Christian School Gunnedah



IMPACT INDICATORS



BEFORE USING THE PROGRAM



SINCE USING THE PROGRAM

Teaching their students about looking after their mental health

62% reported feeling confident

94% reported feeling confident

Teaching their students how to emotionally regulate

69% reported feeling not confident

95% reported feeling confident

Teaching their students how to adopt a benefit mindset and act with kindness

72% reported feeling not confident

95% reported feeling confident

Other findings since using the program

96% of teachers observed their students have a greater awareness of the good things in their lives

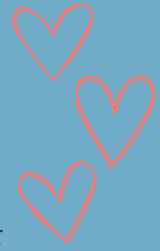
85% of teachers reported their students used something from Grow Your Mind independently, at least once a week.



EDUCATOR WELLBEING IMPACT



The Teacher wellbeing course was engaging, not just a lecture style but delivered by real teachers who were lovely. It gave me a range of different strategies- some I already knew (they were just reinforced for me), whilst others were new and practical. It really made me personally reflect and the exercises built a nice positive and supportive atmosphere.



Anonymous feedback from post evaluation survey



IMPACT INDICATORS



AFTER COMPLETING OUR PD COURSE

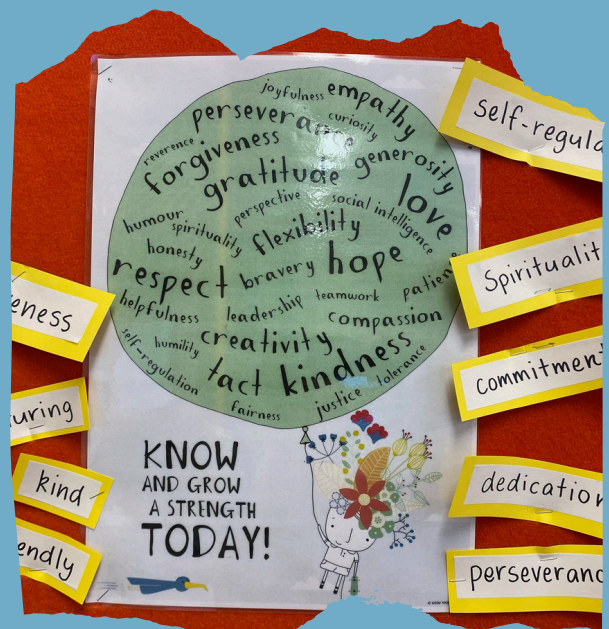
Mental health

87% felt more confident to look after their mental health

Commitment to their mental health

91% committed to spend more time looking after their mental health.

This included a commitment to making time for: joy, prioritising sleep, gratitude, being of benefit, using values, being in nature, breathing, mindfulness, keeping a diary of positive emotions, using the RAIN technique (Recognise, Allow, Investigate, Nurture) and BOLD technique (Breathing Observing, listening, Deciding)



WE COULDN'T HAVE DONE IT WITHOUT YOUR GENEROUS SUPPORT

We know that the to build resilient communities we need to continue to support our scholarship schools on their wellbeing journey and we hope to extend this opportunity to other schools



**THANK YOU TO ALL OUR DONORS
&
PLEASE CONSIDER SUPPORTING PROJECT
FLOURISH IN 2024 SO WE CAN CONTINUE
THIS GREAT WORK**



[donate here](#)



[Hear from some of our students](#)



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www.growyourmind.life