

ANNUAL REPORT



MINDFULNESS
LEADER

a nonprofit organization

—
2022

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OVERVIEW



MISSION AND VISION

MISSION: Enhancing, training and aligning young minds and to aid with the development of Emotional Intelligence.

VISION: To build the next generation of young leaders who are confident, responsible, and will shape the potential of the communities they are a part of.



VALUES



Life-Long Potential - ML believes in the life-long potential of every student we work with.

Diversity - ML believes there is power in embracing the diversity around us - to consider theories and ideas that may conflict with what we currently believe.

Innovation - Believe there is much innovation and potential in communities that are considered under-resourced and underprivileged.

Individual - We believe community change starts with the individual.



GOALS

- Expand the program by eliminating the number of students in the waiting list.
- Serve more students in poverty-stricken areas targeted in: Austin, Auburn Gresham, Chatham, Chicago Lawn, Englewood, West Englewood, Gage Park, East Garfield Park, West Garfield Park, Greater Grand Crossing, Humboldt Park, Pilsen, New City (Back of the yards), North Lawndale, Roseland, South Chicago, Little Village, Shore and Washington Park.
- ML plans to purchase and acquire a dedicated center to call “home” to our program so that we may serve 40% more children over the years.
- Allocate 70% of funding for programmatic costs and 30% for operational costs.
- Expand our global social and emotional learning education platform to all schools in the country. (Train the Teacher platform).





ORGANIZATIONAL BACKGROUND SERVICES

**After-school programs to all students ages 7-24 years old
(three hours after school, Mondays, Wednesdays, Thursdays)**

Electives (classes that can be ingrained into the school day)

**Diverse Learners (highly interactive sessions for the
youth with special needs)**

**Workshops (programs for teachers, and corporate
organizations)**

**Licensed Social Emotional Learning Curriculum, Train the
Teacher Platform**





OUR FOUNDER

"Once named a "bridge to humanity's higher self," Mona Antwan is the Founder of Mindfulness Leader, NFP, a first-of-its-kind high school elective and after-school program in the City of Chicago dedicated to creating positive changes in the lives of our youth through teaching them the art of Mindfulness. This project-based series equips youth with the power to ignite their light and become the best version of themselves—an SEL-based organization dedicated to creating positive changes in the lives of youth through our social-emotional learning Mindfulness curriculum.

With over 5,274 students' lives transformed since 2017 and counting, the Mindfulness Leader program has been formally recognized by the White House and the Mayor's Office of Chicago.

As a mother of 2 teenagers and 2 pugs, Mona's dedication to serving humanity is fueled by her devotion to making students feel heard and seen- something she lacked as a 6-year-old Assyrian/Chaldean refugee entering Chicago Public Schools in 1980.

Currently, a Chicago Peace Fellow with the Goldin Institute and a Force for Good with the Chicago Police Department, Mona, and the Mindfulness Leader organization have launched a worldwide technology platform and mindfulness-based SEL curriculum package to share their teachings with youth worldwide.



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THE IMPACT





HOW MINDFULNESS LEADER IS CREATING A SAFER CHICAGO FOR OUR YOUTH

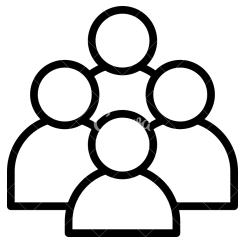
What: Mindfulness Leader will address the need to reverse the unfortunate trajectory of underserved youth into self defeating and self- destructive behavior.

How: The organization will transform young minds through a project series that will equip youth with the power to ignite their light and empower them to be the best version of themselves.



AT A GLANCE

- Using a 23-point SEL Curriculum that promotes Social and Emotional Development, which aids students in meeting the Illinois Early Learning Standards, the course fosters balance in the areas of social awareness, self-management, interpersonal skills, responsible behavior, and decision-making skills.
- The program's outcome is for teens to recognize how their personal dreams, goals, and objective grow from the first week until the end of the program.



Over 3,000 students on the waitlist

96.4%

One of the highest program satisfaction rates among nonprofits in similar capacities

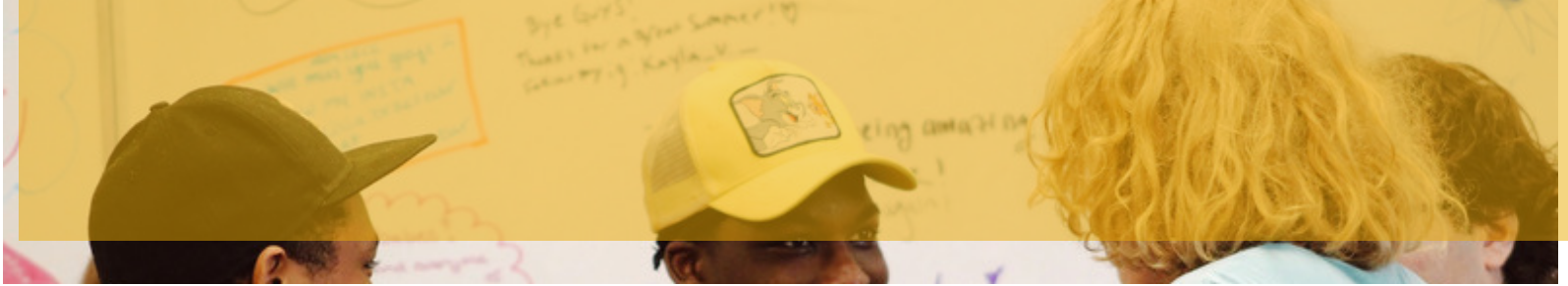


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Partnerships that have fostered recognition and awards at the state and federal level

5,274

Students have successfully gone through the program



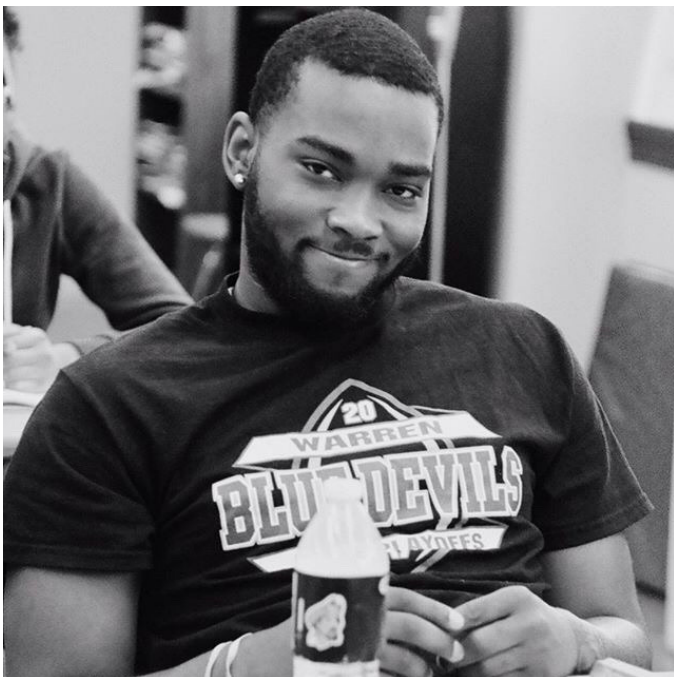
CHANGING THE TRAJECTORY OF YOUNG LIVES

Since 2017 we have served 5,274 students. Our programs sit in the top three programs out of 1000's of programs that are funded by the city of Chicago.

IMPORTANCE

- 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24
- Suicide is the 2nd leading cause of death among people aged 10-34 (cdc.gov)

In addition to these alarming statistics, the COVID-19 Pandemic has significantly worsened mental health trends among the youth. Teens NEED mental health programs such as Mindfulness Leader now more than ever.





HOW WE IMPACT THE COMMUNITY

We want to raise the next generation of young leaders who are confident, mindful, and emotionally intelligent so that they can impact the communities they are a part of and spread the positive ripple effect of our curriculum out into the world in many directions.

Our program focuses on helping a young leader develop in the following six areas through interactive, personal, and innovative learning.

- Self Awareness
- Self Management
- Social Awareness
- Interpersonal Skills
- Responsible Behavior
- Decision-Making Skills

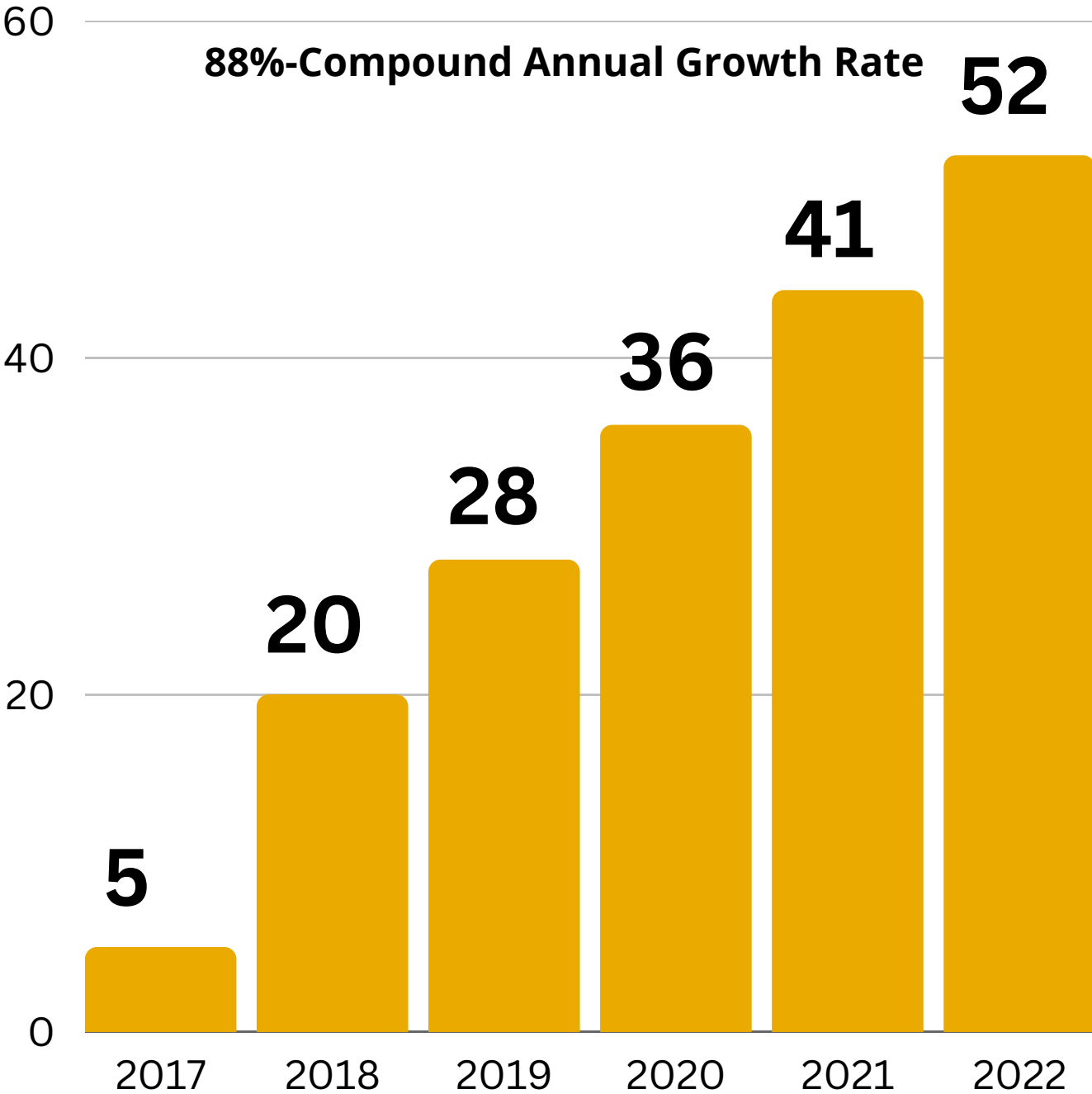
We do this in four primary ways:

- Customized classes and workshops in partnership with the local schools.
- Interactive and engaging content helping students understand the 23 core principles and how to build that into their everyday life.
- Technology-based platform helping to engage students in real-time connecting them to resources and people to help them through emotional decisions.
- Interactive Mindfulness Leader journal designed for students to engage in the 23 core principles.



GROWTH OF OUR PROGRAMMING

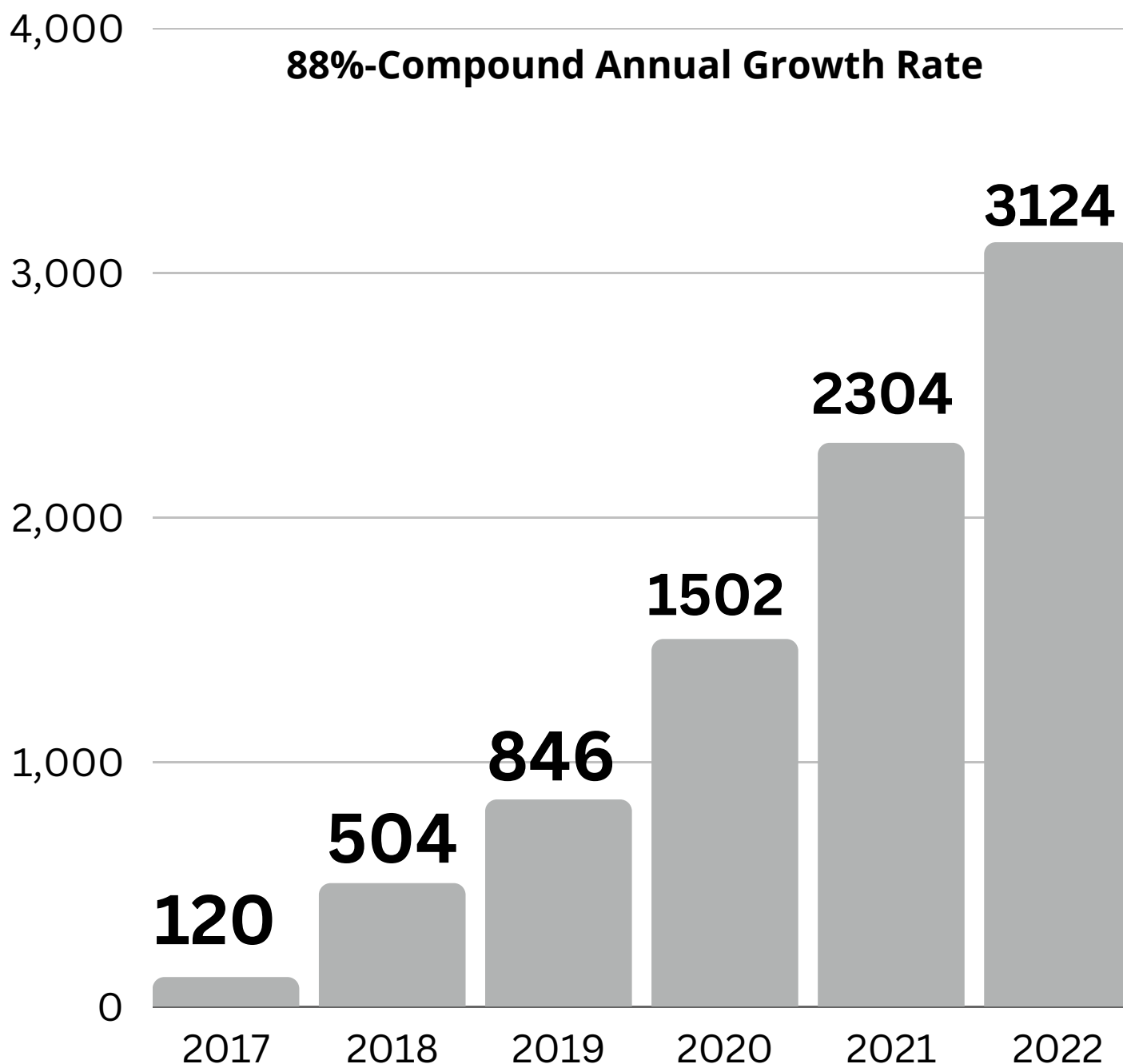
■ Number of Programs





STUDENTS SERVED

■ Number of Students





POSITIVE YOUTH DEVELOPMENT AFTER SCHOOL

Parents of students who participate in the Mindfulness Leader, NFP after-school program state their children demonstrate an increased sense of personal responsibility and self-awareness. Most notable, a Decrease in student's self-doubt and their ability to manage negative emotions have helped reduce unnecessary stress and fatigue within their children.

One After-School program gathered evaluations of the first two years of their programming and determined that youth improved their ability to maintain self-control and avoid fights (Friedman & Bleiberg, 2002). Also, students participating in a California, state sponsored year long after school program improved their reading and math standardized test scores. Students participating in the after-school program had percentile rank scores almost twice that of control group youth who did not attend (University of California Irvine, May 2001). Yet another program, succeeded in helping their youth to be more likely to graduate high school, and more likely to pursue higher education, compared to youth that did not participate in the afterschool program (Fight Crime: Invest in Kids, 2000).

Emotional Scale

**“This mindfulness course helped me understand my emotions & take responsibility for my own actions”
- Samuel, Student**





Problem: Youth, especially from underprivileged communities, are facing high trauma/stress that are causing a busy body/mind.

Solution: Reverse generational poverty by enhancing, training and aligning young minds.

Improved Mental Health

Students will better understand their emotions so they can develop the habits and mindsets necessary for success in life.

Mindfulness provides tools and strategies to enrich the core in order to manage and balance life's chaos.

Positive Community Engagement

As the program becomes a center for positive student engagement and high academic achievement, it also becomes a community of optimism and self-respect inside and outside the classroom.

Decreased Crime Among Participants

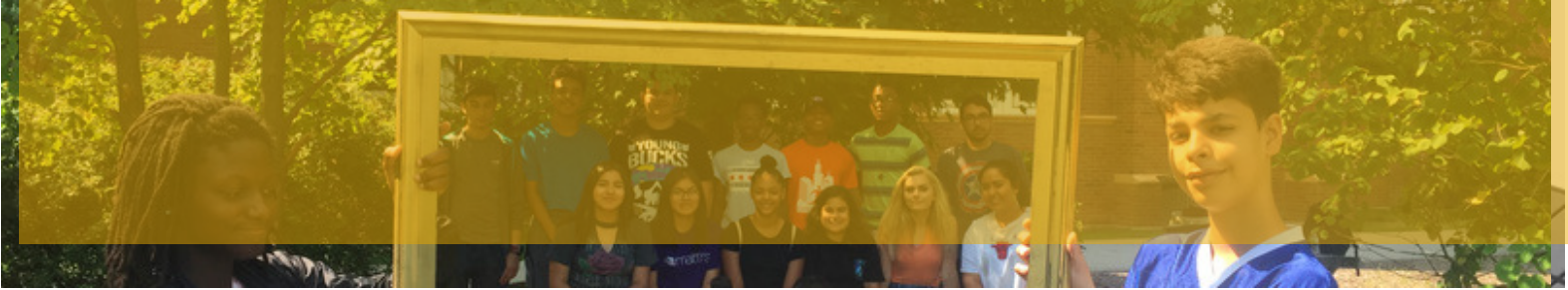
The peaktime for juvenile crime and experimentation with drugs, alcohol, tobacco, and sex are the after school hours between three o'clock and six o'clock p.m. The program especially the after-school element, will attract youth into the classroom and off the streets.



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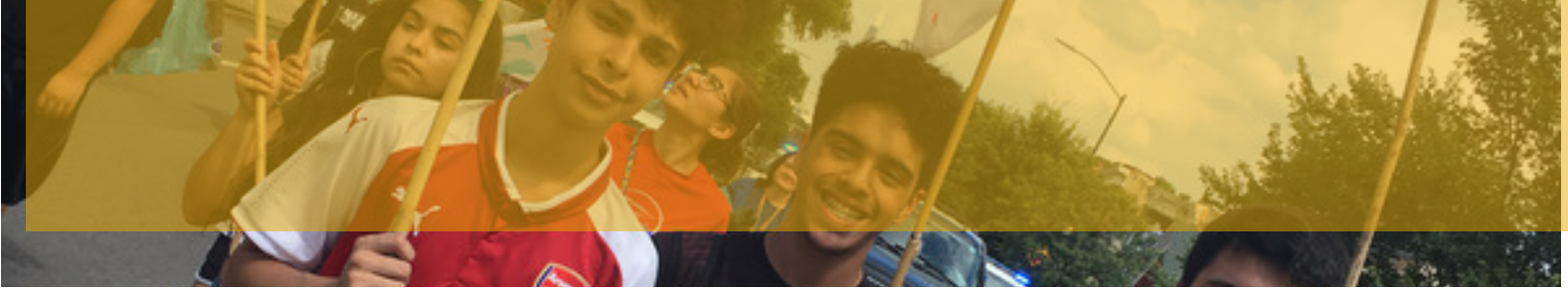
TESTIMONIALS





“This program has taught me how to become self-aware, who I am, and who I want to be in this world. This has been one of the most gratifying experiences of my life.” -Aliya, Mindfulness Leader student





The program has helped me refocus, has provided tools I have never dreamed I would have access to, and for that, 'll forever be grateful. I remember there were days when I couldn't even get up because I didn't see a reason for getting up every day and doing the same routine over and over again, but you've taught me that there's more to life than that. -Yuvi

“I realized I could do anything in this lifetime. I love this program and I want to teach it to the youth and always be apart of the Mindfulness Leader community.” - Julissa

“I learned about gratitude and appreciating what you have, Manifestation and to basically be a better person and handle life situation better. (Emotional Scale) I learned more than I thought I would learn in a program like this. This program was a learning process about learning about myself. I recommend this to anyone who wants to better their life. I plan on taking this program over and over until I can teach it to the youth. There’s nothing greater than being heard and seen.” – Marinda

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NEWS AND MEDIA



WE ARE FEATURED ON THE OPRAH WINFREY FOUNDATION HOME PAGE.



[Home](#) [About Us](#) [Education](#) [Community Outreach](#) [Impact Stories](#) [How to Help](#) [OWLS](#)

SPOTLIGHT on...

Mindfulness Leaders

Current environments and leadership methods of a majority of organizations are leading to record levels of loneliness, depression, anxiety, and burnout. In a world with increasing complexity, volatility, uncertainty, things are only getting more difficult. Mindfulness Leaders has partnered with the Chicago Public Schools and are redefining what good leadership is, what a healthy culture looks like, and ultimately making work a place for growth and flourishing.

[FIND OUT MORE >](#)



The Oprah Winfrey Foundation:
<https://www.oprahfoundation.org/>

A MESSAGE FROM THE CHICAGO BULLS TO THE MINDFULNESS LEADERS.



On Youtube: <https://www.youtube.com/watch?v=GPxY9iQxPhA>



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EVENTS AND ARTICLES





Mindfulness Leader is an active force in the community, across national and international platforms to bring our proven tools and techniques to as wide an audience as possible.

Please check out our past events and keep an eye out for all of our new and upcoming outreach programs!



Link to Business Wire Article: bit.ly/42pM3Qo



**THANK
YOU**



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