LEAFS for wellness FOUNDATION

Vision

The Leafs for Wellness Foundation vision is to participate
in the growth of vibrant, prosperous, healthy communities.

http://leafsFoundation.org

Mission

The foundation's mission is to support wellness initiatives. Wellness extends beyond individual people to the interdependences of cultures, the world environment and the wisdom of nature's way.

Philosophy

The world of nature[1], that is, what we think of as nature, and what we think of as natural (whether it is brought into being by the innocent operations of nature, or made carefully by the thoughts and hands of men and women) is that world which is brought into being by repeated application of *intention* repeated again and again, to enlarge, and deepen, and evolve, and magnify the beauty of the world which exists.

Fitting the foundation into the world of nature implies creating an infrastructure that will unfold "well," through transformations, without violating the structure that exists. The foundation is a living structure that unfolds smoothly and naturally, arising step by step from what exists, preserving the structure of what exists and allowing the "new" to grow in a natural way as development from the existing. As we buildup on a solid foundation of ethics and aesthetics that dignifies the world of nature a "tree" will grow full of healthy branches and leafs. [Leafs is the "old' English spelling of leaves]

The foundation's orientation is not to be fixed or attached to program and project outcomes, rather view projects as experiments that can be gauged and potentially adjusted as the program progresses. This orientation will allow flexibility for the program to better fit, serve, and be supportive of community needs.

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[1] Paraphrasing Alexander, Christopher. (2002) *The Process of Creating Life*, Book 2 p 80

Before accepting a new project, the foundation will look to see if anyone else is doing it already in the local community. If they are, are they doing a good job? Can it be improved upon? Can we support the original effort rather than launching a new project? The key is about helping people, promoting collective action and a commitment to improving community wellness.

Theory

*"You must be the change you wish to see in the world."* **Gandhi**

Social Transformation

Social transformation is effectively a systems approach applied to broad-based social change; in contrast, the foundation's focus is on individual transformations. Efforts for instigating *transformational change* one person at a time can accumulatively provide transformative social change.

One of the most viable forms of marketing is via word of mouth from friends, family and relatives – all of which feed the avenues enlivening the "grapevine network." Through relationships, life styles are transmitted and "wellness" is shared leading to a gradual growth of community mindfulness of humankind's interconnectivity with one another and the natural environment.
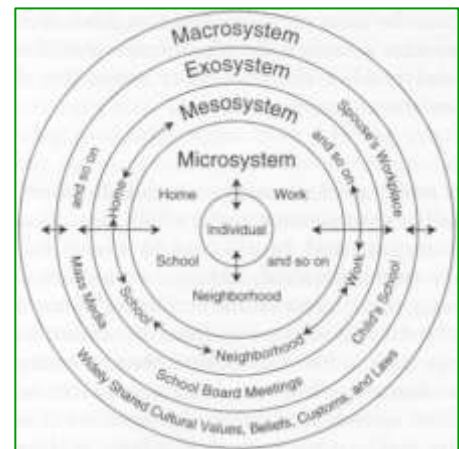
Wellness can be defined in the context of Quality of Life (QoL). To follow is a conceptual representation of Wellness wherein wellness is an interaction of physical and mental health. In turn physical and mental health impacts the quality of accessing and using one's basic needs for shelter, food and clothing. Therefore, the fundamental key to wellness is health.
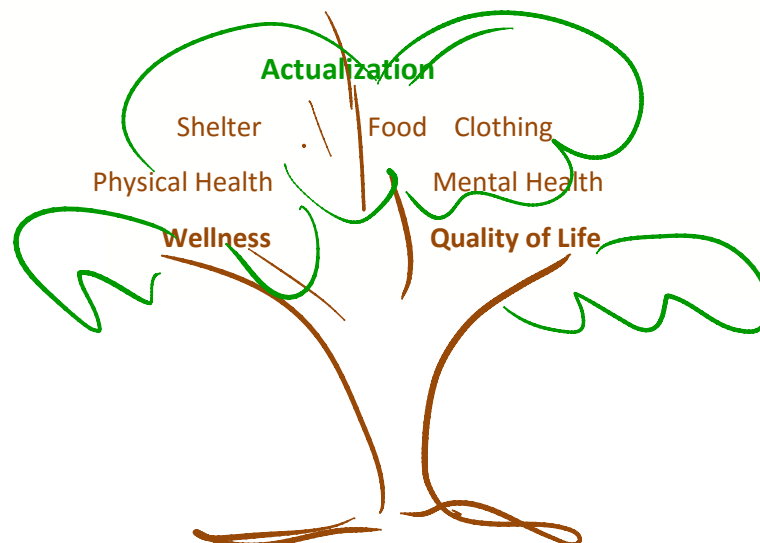
Evaluating Transformation

We value performance and results

It is important to gain a sense of knowing how well a project or program performs and reaches its proposed goals. There are two types of informational feedback loops that help with just such an understanding: (1) program outputs can indicate the efficiency the program is being or has been administered (process) and (2) the impact of the program (outcomes) indicates the overall effectiveness of the program. Effectiveness is an indicator of quality of transformation while efficiency relates to cost.
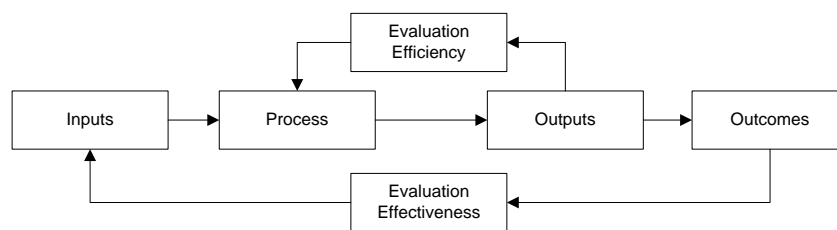
Grant Submission Process

The grant submission process involves two steps. First step is submitting a letter of request, not to exceed three pages in length, which includes a brief description of the purpose of the organization, and a brief outline of the program or project for which funding is sought.

Depending upon the foundation's review, the foundation may request a detailed proposal for final evaluation as to whether or not the foundation can support your proposal.

The foundation may provide assistance in completing your proposal. In order for the foundation to know that its investment in your program promotes wellness; serious consideration needs to be taken regarding how to evaluate the effectiveness of your program. Consider your program as containing these elements: inputs, processes, outputs, outcomes and feedback (IPOOF). Feedback on program output assists in evaluating processes and their efficiencies while feedback on outcomes provides information on the program's effectiveness.

The letter and the follow-up proposal should contain the following items:

Letter

- Your contact information
- Name of your project/program
- Purpose of the project
- Expected outcome for participants
- Amount of funds requested for the project/program

- Brief review of what you plan to do to fulfil the program's purpose; how does it promote wellness; include proposed start and finish dates.

Proposal

- Provide details of the program including how you plan to document progress during the program and how you will conduct a final evaluation of participant's outcomes.
- Evaluation collected in reliable and responsible ways is a critical component of the proposal. Robust feedback ensures we all have a better sense of what works and makes the efforts of the Leafs for Wellness Foundation to be more accountable to the ultimate beneficiaries.
- Provide the program budget and explain what the foundation's support is proposed to cover. Include in the program budget a separate cost for doing evaluation.
- If you have questions regarding evaluation, we will assist you in that area.