



THE UNIVERSITY *of* EDINBURGH

Edinburgh Award (Mindfulness Ambassadors)

This award is given to students whom the University has recognised for actively working to maximise their impact and excel as Mindfulness Ambassadors. These students have used their understanding of mindfulness practice to positively impact others by spreading the practice and acting as ambassadors for mindfulness within the University.

- In successfully completing the Edinburgh Award, these students will have been helped to:
- increase their self-awareness;
- make the most of their existing strengths and build new skills/abilities against clear development goals;
- understand the processes involved in having a planned positive impact and strategically working to excel, enabling them to have impact and make a difference whatever situation they are in; and
- look not only at their ambassadorial role, but also to capitalise on their experiences elsewhere to inform and enhance their role as an ambassador, and vice versa.