



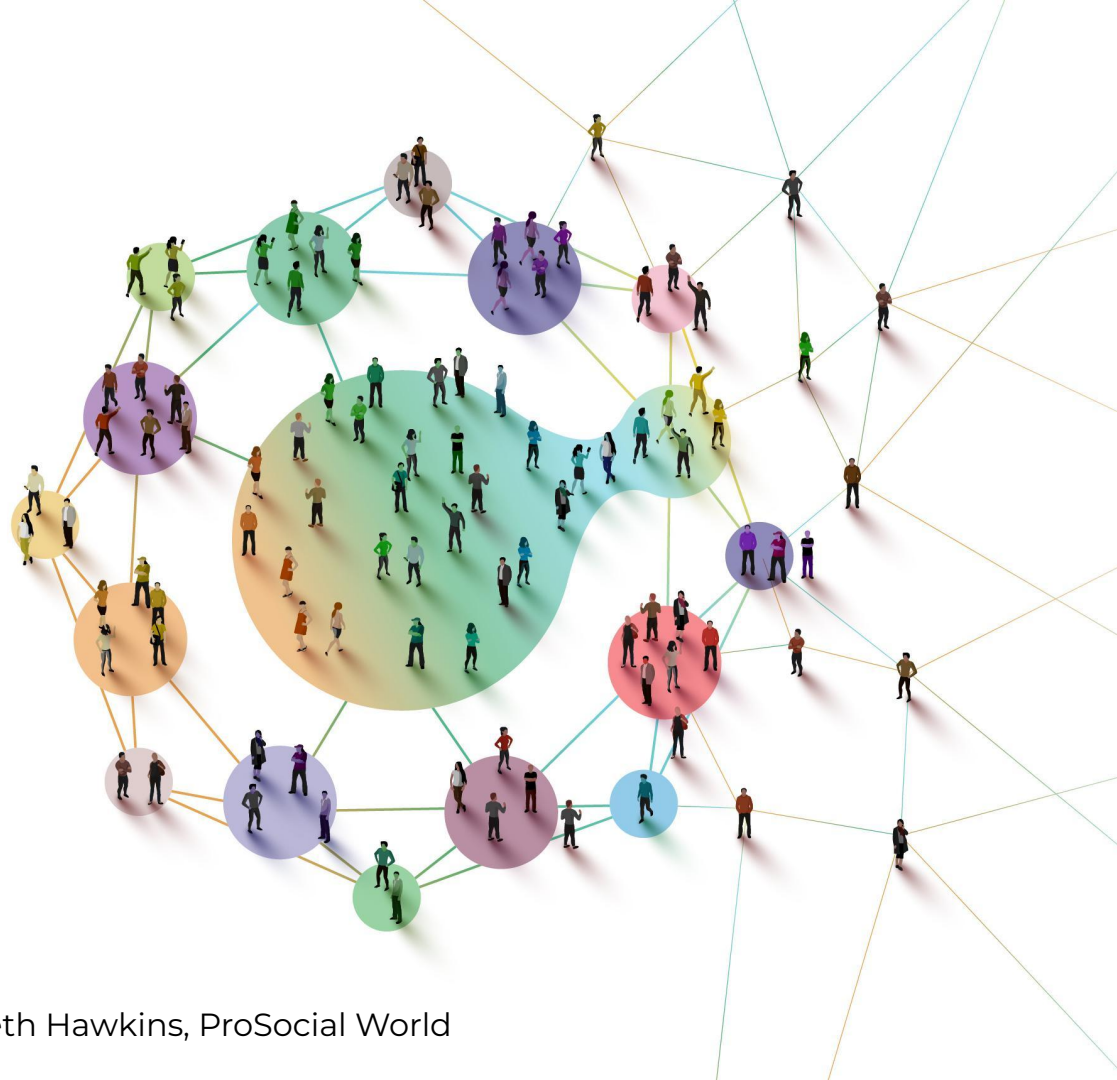
# Impact Evaluation: January - March 2024 Global Online Peace Game

(Component of  
Empowerment Institute's  
Peace on Earth by 2030  
Movement)



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# Outline

- Overview of the Peace Game
- Overview of the Impact Evaluation
- Quantitative Data
- Lived Experience
- Outcomes

## Overview of the Peace Game and Peace on Earth (POE) Zones

- 3-person teams participate in a 9-week Global Online Peace Game facilitated and organized by the Empowerment Institute. Individuals that successfully complete the Peace Game achieve 'DreamKeeper' status.
- The Peace Game's wizardry is attained through 1- the practice of its seven peace actions, 2- its second order change methodology and 3- individual and collective frequency meditations.
  - **Seven peace actions: Empowerment, Oneness, Unity, Cooperation, Abundance, Love and Faith**
- Peace on Earth (POE) Zones are place-based social change efforts. Team members are invited to apply the seven peace practices cultivated during the Peace Game to create a POE Zone in their community which weaves its social fabric into cooperation for the common good.
- To be recognized as a POE Zone requires the commitment of a minimum of (3) 3- person Peace Teams that have participated in the Peace Game and been certified as DreamKeepers.
- POE Zone leaders are supported with coaching and training by Empowerment Institute.

## Overview of the Impact Evaluation

- Jan - March 2024 Cohort: 143 multi-generational participants
  - Estimated 7,888 Peace Actions; averaging 55 peace actions per player
- Explored four themes of research questions: 1- efficacy, 2- inner transformation, 3- outer transformation, and 4- cultural evolution.
- Survey questions captured outcomes and impacts associated with practicing the 7 Peace Actions, and includes validated constructs measuring team collaboration and personal psychological flexibility.
- 79 players participated in the pre-Game (baseline) survey and 32 completed the post-Game survey
  - 20 individuals completed each survey. This data was used for the statistical analysis (paired samples t-test)
    - Data presented in the bar chart (next slide) indicates a multitude of statistically significant positive shifts in beliefs, behaviors, and worldviews.

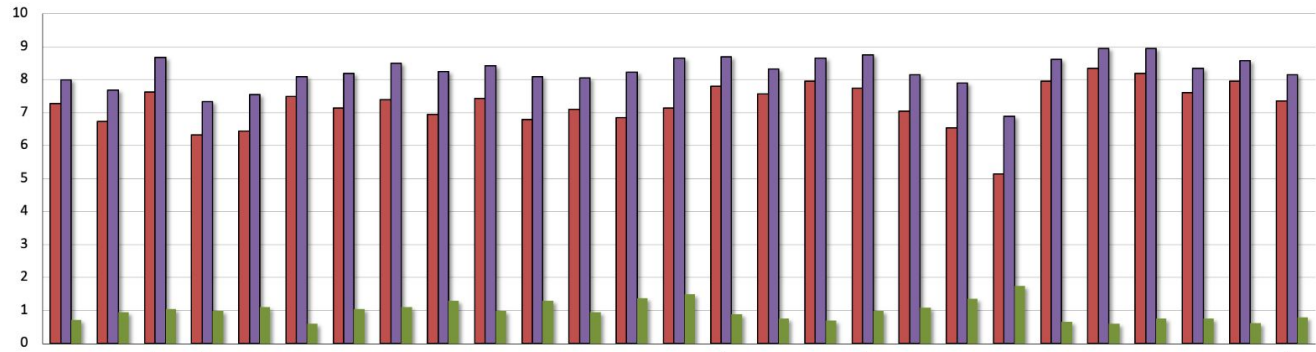
# Impacts of the Peace Game

**How closely does each of these statements reflect your belief, behavior or worldview?**

■ Pre-Game (average rating)  
 ■ Post-Game (average rating)  
 ■ Pre/Post Change

**10-pt Lichert Scale**

- 10- Perfectly
- 9- Almost perfectly
- 8- Very
- 7- Considerably
- 6- Fairly
- 5- Moderately
- 4- Somewhat
- 3- Slightly
- 2- Barely
- 1- Not at all



**Note:** Asterisks indicate that the reported difference from pre-Game to post-Game for that question is statistically significant, meaning the analysis shows a very low probability that the observed difference is due to random chance.\*

\* p-value < 0.05,  
 \*\* p-value < 0.01,  
 \*\*\* p-value < 0.001

Sample size (n) =20

## Lived Experience

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### Prompts Presented to Participants (post-Game)

1. What have you **learned about yourself** in playing the Peace Game?
2. What have you **learned about each of the peace practices?** (Prompt was posed for each peace practice incorporated in the Peace Game: *Empowerment, Oneness, Unity, Cooperation, Abundance, Love, and Faith*)
3. What have you **learned about the possibility of Peace on Earth by 2030?**

## Analysis Method

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### Responses: Coding, Synthesizing, Grouping

- Responses (n=29) were read and coded by reviewer one
- Reviewer 2 reviewed 10% of responses for QA
- Both reviewers agreed on coding
- Reviewer 1 synthesized codes into themes and subthemes in the context of each prompt
- Results were grouped into 3 categories associated with pre-identified research questions:
  - Efficacy
  - Inner Transformation
  - Outer Transformation

# Efficacy

Research Question: In which way does the Peace Game affect individual self-determination and psychological needs, group cooperation, community empowerment, and worldviews?



## “...learned about yourself..?”

*"I tend to want to go to sleep and rest on my laurels at 85, having been engaged in Interfaith Peace work for 25 years. However the Peace Game has inspired me to want to keep on growing and challenging myself. I want to sizzle with zeal at 92!"*

*"Rather than looking at myself as just an individual, I am exploring in a more than intellectual way what it means to inter-be and inter-act with others to create the world we want for ourselves, for future beings, and for our Mother Earth."*

### 1. **Self-Reflection and Contemplation**

Playing the Peace Game sparked self-reflection, participants expressed finding deeper levels of peace, meaning, and a source of inspiration

### 2. **Value of Community and Purpose**

Participants realized the importance of being a part of a connected group

- *Stronger from joining a like-minded group*
- *Group keeps self accountable*
- *Need others to feel alive*
- *More than just an individual*



## “...learned about the possibility?”

*"I'm learning that it really can happen! By seeing what it is doing all around the world and how it has played out in my life in just 9 weeks.... Well, Wow! To see the snowball effect ... So, yes, it is a huge possibility."*

*"That small actions added together over time make big changes and when there is a collective agreement to focus on it, anything can happen. We are powerful creators!"*

*"It's interesting to note that the Peace Game players will live in a peaceful world because they are seeing and creating it. They WILL live in a world of peace by 2030 because they continue to expand their own field and experience."*

### 1. **Belief and Vision**

Participants' belief in Peace on Earth by 2030 was either strengthened or newly discovered and expressed intent to continue committed action

### 2. **Hope and Collective Action**

Participants learned that collective efforts are important, but that impactful action can also start small

### 3. **Peace on Earth is Already Happening**

Peace is already present in many ways and the Peace Game helps to make peace a reality for everyone.

# Inner Transformation

Research Question: What are the impacts of the Peace Game on how players conceptualize themselves in relation to the larger world? How is it experienced emotionally, in addition to cognitively?



# Empowerment

*"I learned that I AM empowered!  
This was a palpable shift in  
perception which I did not have  
heretofore."*

## 1. Inner Peace and Transformation

That peace can come from within, empowerment involves a continuous journey, and that the affirmations [practiced during the Peace Game] were powerful

## 2. Growing Towards Empowerment

Findings indicated participants gaining confidence and discovering new beliefs in one's ability to effect change

## 3. Empowerment Leads to Action and Impact

Participants shared that this peace practice led to impactful actions - through the process of inspiring hope - and demonstrates that everyone can contribute to peace

# Abundance

*“Given my time and resources, I find myself narrowing in on how to use my personal resources - I am more intentional.”*

## 1. Impact of Abundance

Participants reported experiencing substantial positive impacts through practicing Abundance with others

## 2. Resource Contributions

There are many ways to contribute and serve as an agent of peace and we all have our own unique resources (energy, time, financial)

## 3. Growing towards Abundance

There can be challenges that show up while practicing the Abundance peace practice but participants still expressed commitment

# Love

*"Within a few days after I began saying my prayer every day, I started to weep over the smallest things—happy and sad things, song lyrics, podcasts, news broadcasts, both misguided and beautiful words and actions. My heart just opened up. This still happens almost every day."*

*"What a powerful, awesome feeling it is to be together praying for peace at the same time."*

## 1. Prayer and Transformation

Prayer and visualization is transformational and can help to feel aligned with others and open hearts

## 2. A Daily and Consistent Practice

People found a daily love practice meaningful and felt it created inner peace

## 3. Impact of Love Practice

This practice helped players feel compassion, hope, peace, and their belief in Peace on Earth by 2030

# Outer Transformation and Action

What are the impacts of the peace actions on the outer state of individuals, such as how they act and the social environments that they construct for themselves?



# Oneness

*"I have learned that unexpected and amazing relationships and actions can happen when one befriends the other."*

## 1. Deeper Understanding of Connection and Unity

The understanding that we are all connected and deep thinking about “the other”

## 2. Befriending Requires being Open and Creative

Utilizing strategies such as considering others perspective, finding a connecting link, and engaging with an open heart

## 3. Befriending is Worth the Effort

There is much meaning and value in befriending the other

## 4. Growing Towards Oneness

Some participants expressed that the Oneness practice was challenging but indicated commitment to the peace action

# Unity

*"When you look for commonalities [between people] you find them as much as when you look for contrast. Attention to the world you desire to live in is very powerful."*

*"I can help in areas that feel real in the moment and connected to the situation for the greater good of all. It feels multi-layered and very purposeful. I feel that in everyday life now. I have more harmony in myself and with others."*

## 1. **Unity Leads to Action and is Impactful**

The Unity practice deepened engagement and the ability to act for the greater good. Some stated that it provided personal joy and hope

## 2. **Attending to Our Common Humanity**

Through this peace practice participants recognized the importance of acknowledging our common humanity

## 3. **Growing Towards Unity**

Some expressed this practice being out of their "comfort zone" but also found it to be an expanding experience



# Cooperation

*“Cooperation brings peace, and sometimes moving through competition, letting go, allowing, breathing are all important and necessary pieces.”*

## 1. Value in Teamwork and the Acceptance of Support

Teamwork brings more value. Working as a group is easier than working alone and can increase inspiration and innovation.

## 2. Communicate to Balance Individual and Group Needs

Balancing both individual and group needs can be done through communication and listening

## 3. Growing Towards Cooperation

Feelings of competition and uncertainty were expressed, although there was recognition that pushing past that and building confidence can help growth in cooperation

# Faith

*"Whether we are inviting people to play the Peace Game, or being wayshowers and teachers, the point is to be a lighthouse and a beacon to guide others to find their own peace."*

## 1. Engagement and Encouragement

People are excited to share the Peace Game with others so that they can also have the same opportunities

## 2. Barriers to Engaging Others

Some identified barriers to joining [the next Peace Game] - like time commitments, Zoom, and fear of failure.

## 3. Growing Towards Faith

Many mentioned they are continuing to work on this practice. Some describe feelings of initial resistance and hesitancy in inviting others [to play in the next Peace Game] but noted that they are committed to doing so, even in light of those feelings.



# Growing Edge

Peace actions ability  
to further learning,  
growth and  
transformation.

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# Actions

Examples of peace action  
impacts were provided in  
responses.



# Storytelling

Tells the story of this cohorts  
experience playing the Peace  
Game.

## Additional Outcomes

- 12 individuals volunteered to create a **Peace on Earth (POE) Zone** in their community.
- A **Peace Game Think and Do Tank** was launched. It is a social innovation laboratory to cultivate collective intelligence and evolve best practices for applying the Peace Game as a transformative intervention in three areas:
  - Social Needs: teen gun violence, policing, social justice, homelessness, hunger and political polarization.
  - Opportunity Areas: schools, faith-based groups, service clubs, workplaces, local government, and social networks.
  - Movement Building: Developing mobilization, resourcing and storytelling/communication strategies for building the Peace on Earth by 2030 movement within communities, countries, and globally.

**For more information, please contact ProSocial World:**

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