

SUPERBETTER LOGIC MODEL

Inputs

SuperBetter methodology
(The 7 rules)

For groups, web-based Host Account
+ Player account in SuperBetter app

For 1:1 coaching,
Hero Account in SuperBetter app



Activities

Use gameful SuperBetter language
in real life discussions.

For groups, host squad
challenges from a web-based Host
Account

For 1:1, coach young
person using the SuperBetter
framework.



Outputs

Facilitator &
participants use SuperBetter
framework & language in group.

Group members
complete squad challenges in
SuperBetter app.

Individuals create
personal challenges & compete them in
SuperBetter app.



Outcomes

Safe culture of
resilience & thriving.

Participants reduce
anxiety & depression and
improve resilience,
self-efficacy & social-emotional
skills.

Participants
overcome obstacles &
achieve their goals.