

LOOKING BACK IN 2020

CONTENTMENT FAMILIES

On May 15th, we launched the wonderful Contentment Families app on both Android and iPhone - this is a seamless extension of the Four Pillars of Wellbeing (4PWB), combined with evidence-based wellbeing and positive psychology that is uniquely designed for families.

COMMUNITIES IN SCHOOLS

We partnered with Communities in Schools (CIS) giving access to 3,000 employees and coordinators to the Contentment Families app and weekly wellbeing sessions. This has resulted in a significant impact on participant wellbeing - which is measured by our analytics tool.

FAMILY CARE PACKAGE

In response to the global pandemic, we launched a whole-organization effort to develop free wellbeing resources for hundreds of families during the lockdown.

OFFERING UPGRADES

High School curriculum 2.0 launch - a digital learning module for distance learning and standardized our Implementation Fidelity process and technology guide.



Care Package for Families

Section 1: Mindfulness



Communities
In Schools

PUBLISHED SCIENTIFIC PAPERS

- 3-year longitudinal study published in Translational Issues in Psychological Science (with Corbett Preparatory of IDS)
- PEACE scale (Positive Emotion Assessment of Contentment Experience) published in the Journal of Happiness Studies
- Happiness vs. Contentment Paper submitted to Cognition and Emotion
- 2 chapters in the upcoming Oxford Handbook of Evolution and the Emotions.

GLOBAL EXPANSION

We have expanded our core team to 20 people and onboarded 16 Rollout Representatives. In Bhutan, we now serve 21 schools. We've inaugurated the Tuakiri Foundation in New Zealand with Jase Te Patu. We're supporting 4 schools in Singapore and scaling work across EtonHouse International's network. 4PWB is now in Malaysia, Indonesia and Brazil.

INTERNAL CULTURE EVENTS

- We held our first virtual retreat with over 100 attendees.
- A special storybook was compiled, which world-renowned painter Michael Schulteis turned into a beautiful painting.
- We upgraded ContentMentor - and have an exciting lineup of expert speakers in 2021. Stay tuned!

LOOK AHEAD 2021

GROWING IMPACT IN THE US

In partnership with CIS and with continued generosity of the Roddenberry Foundation and the Corbett Family, we have an opportunity to support 210 schools in Texas and Florida. We are partnering with the NYC Dept. of Education and with My Brother's Keeper, a mentorship program for young men of color, to support their mentors in NYC District 5, 16, and 17 and going forward, 100 schools within the network.

RESEARCH INSTITUTE

In collaboration with UC Berkeley, Univ. of Colorado, Univ. of Michigan, Univ. of Toronto, Auckland University of Technology and Süleyman Demirel University, we are creating a coalition within Contentment Foundation to bring together researchers from around the world focused on mental health and wellness.

LANGUAGE TRANSLATION

Thanks to the Tan family's generosity, we will translate the 4PWB to Mandarin. To support our work in Indonesia, Bahasa Indonesia translation is also underway thanks to Nadya Hutagalung for support. Portuguese translation is also on the horizon.

GLOBAL IMPACT BOARD

Inspired by our donors - Corbett, Heidi Rodenberry, Rod Rodenberry, Emmet and Deborah Keeffe, Dave Tan and Family, to name a few - we are forming a Global Impact Board of visionary heart-led donors and contributors to help the mental health epidemic, one of humanity's greatest challenges today.

COLUMBIA UNIVERSITY

We are collaborating with Columbia University's Teachers College to develop a course to be offered under the Summer Principal's Academy program. We are also creating a certification course so that more educators can be trained in the Four Pillars of Wellbeing, and exploring executive retreats that support coaches and corporations.

FAMILY CONNECTIONS

We're introducing a new initiative called the Contentment Connection, which creates space for people across our family to connect more meaningfully. We will have more to share on how our 2021 yearly retreat will take shape soon!