

# Vitae: Daniel T. Cordaro | 2021

---

Curriculum Vitae  
DANIEL T. CORDARO  
Founder & CEO  
THE CONTENTMENT FOUNDATION

ADDRESS                    225 Santa Monica Blvd.  
9th Floor, Santa Monica, CA, 90401  
daniel@contentment.org  
www.contentment.org

## FOUNDATIONAL WORK

2016 – Pres.    Founder & CEO  
*Contentment Foundation*

2021 – 2022    Faculty Member  
*Columbia Teachers College, School of Education*

2016 – 2017    Faculty & Director of Wellbeing  
*Yale University, Center for Emotional Intelligence*

2015 – 2016    Post Doctorate, Yale University  
*Yale Center for Emotional Intelligence*

2015 – 2018    Co-Founder & Chief Curriculum Developer  
*Abroad*

2014            Ph.D., UC Berkeley, Psychology  
*Thesis Title: Universals and Cultural Variations in Emotional Expression*

2012            Board of Advisors  
*Institute for the Study of Learning & Cognition*

2011            M.A., UC Berkeley, Psychology  
*Thesis Title: Understanding Emotions: Discrete and Continuous Perspectives*

2010            Medical Physician Consultant  
*Sutter Health System of California*

2009            M.S., UC Berkeley, Chemistry  
*Thesis Title: Towards a Bioorthogonal Tag for Glycosylation Pattern Sequencing*

2007            B.S., Ithaca College, Chemistry

## HONORS, AWARDS, & GRANTS

2021            Ashoka Foundation Fellowship

2020            UBS Global Visionary Award

2019            Edmund Hillary Fellowship

2018            Corbett Family Foundation Project Award

2017            Roddenberry Foundation Service Award

2016            Corbett Family Foundation Project Award

2016            XPrize Foundation #1 Mentor Award

2016            XPrize Visioneer – Prize Team Leader

2015            North and Latin America Investment Award

2015            Corbett Foundation Research Grant

2013            Templeton Foundation Research Grant, with Keltner, D. *et al.*, UC Berkeley

2011            National Science Foundation Graduate Student Research Program Fellowship

2010            Diebold Fellowship Award

2008            UC Berkeley Outstanding Instructor Award

2007	Sigma Xi Outstanding Researcher Award
2006	National Science Foundation Undergraduate Research Fellowship
2004	Ithaca College Oracle Society
2003	Ithaca College Presidential Fellowship Award

#### ORIGINAL RESEARCH PUBLICATIONS

**Cordaro, D.** (April 2024 in press). Basic Emotion Theory: A Beginner's Guide. *Oxford Handbook of Evolution and the Emotions*. Oxford University Press.

**Cordaro, D.** (April 2024 in press). Contentment: The Evolution of Indestructible Wellbeing. *Oxford Handbook of Evolution and the Emotions*. Oxford University Press.

**Cordaro, D. T.,** Bai, Y., Bradley, C. M., Zhu, F., Han, R., Keltner, D., Gatchpazian, A., & Zhao, Y. (2024). Contentment and Self-acceptance: Wellbeing Beyond Happiness. *Journal of Happiness Studies*, 25(1), 1-35. DOI: 10.1007/s10902-024-00729-8

**Cordaro, D. T.,** Bradley, C., Zhang, J. W., Zhu, F., & Han, R. (2021). The development of the positive emotion assessment of contentment experience (peace) scale. *Journal of Happiness Studies*, 22, 1769-1790. DOI: 10.1007/s10902-020-00295-9

Bradley, C. & **Cordaro, D.,** (2020). Impacts of the Four Pillars of Wellbeing Curriculum: A Three-Year Pilot Study. *Translational Issues in Psychological Science*. DOI: 10.1037/tps0000275

**Cordaro, D.,** Sun, R., Kabmle, S., Hodder, N., Monroy, M., Cowen, A., Bai, Y., and Keltner, D., (2019). The Recognition of 18 Facial-Bodily Expressions across Nine Cultures. *Emotion*. DOI: 10.1037/emo0000576

**Cordaro, D.,** Bradley, C., Zhu, F., Vildostegui, M., Han, R., Brackett, M., and Jones, J. (2018). Supporting Improvements in Classroom Climate for Students & Teachers with the Four Pillars of Wellbeing Curriculum. *Translational Issues in Psychology*, 4(3), 245. DOI: 10.1037/tps0000162

Stellar, J.E., Gordon, A.M., Piff, P.K., **Cordaro, D.,** Anderson, C.L., Bai, Y., Maruskin, L.A., and Keltner, D. (2017). Self-transcendent emotions and their social functions: Compassion, gratitude, and awe bind us to others through prosociality. *Emotion Review*, 9(3), 200-207. DOI: 10.1177/1754073916684557

**Cordaro, D. T.,** Sun, R., Keltner, D., Kamble, S., Huddar, N., & McNeil, G. (2017). Universals and cultural variations in 22 emotional expressions across five cultures. *Emotion*, 18(1), 75. DOI: 10.1037/emo0000302

Keltner, D., & **Cordaro, D. T.** (2017). Understanding multimodal emotional expressions: Recent advances in basic emotion theory. In J.-M. Fernández-Dols & J. A. Russell (Eds.), *The science of facial expression* (pp. 57–75). Oxford University Press.

Keltner, D., Tracy, J., Sauter, D., **Cordaro, D.,** McNeil, G. Expression of Emotion (2016). In Barrett, L.F., Lewis, M., Haviland-Jones, J.M. (Eds.). *Handbook of Emotions*. pp. 467-482. Guilford Press.

**Cordaro, D.**, Keltner, D., Tshering, S., Wangchuk, D., & Flynn, L. M. (2016). The voice conveys emotion in ten globalized cultures and one remote village in Bhutan. *Emotion*, 16(1), 117. DOI: 10.1037/emo0000100

Keltner, D. & **Cordaro, D.T.** (2016) "Understanding Multimodal Emotional Expressions: Recent Advances in Basic Emotion Theory", *Emotion Researcher*, ISRE's Sourcebook of Research on Emotion and Affect, Andrea Scarantino (ed.).

**Cordaro, D. T.**, Brackett, M., Glass, L., & Anderson, C. L. (2016). Contentment: Perceived completeness across cultures and traditions. *Review of General Psychology*, 20(3), 221. DOI: 10.1037/gpr0000082

Keltner, D. & **Cordaro, D.** (2015). Understanding Multimodal Emotional Expressions: Recent Advances in Basic Emotion Theory. *Emotion Researcher. Special Edition.*

**Cordaro, D.**, Keltner, D., Sun, R., Kamble, S., Hudder, N., (2014). Pan-Cultural Evidence for 24 New Facial and Vocal Expressions Across Ten Cultures. *University of California Berkeley Press.*

Baker, L.H., **Cordaro, D.**, Platt, F.W. (2012). The First Minute. *Medical Encounter*. 26(4), 83-84.

Ekman, P. & **Cordaro, D.** (2011). What is meant by calling emotions basic. *Emotion Review*. 3(4), 364-370. DOI: 10.1177/1754073911410740

#### INVITED CONFERENCE SERIES & TALKS

**Cordaro, D.** (2024). The Science of Wellbeing. Senate and House of Representatives of the State of Hawaii, Capitol Building, Honolulu, Hawaii.

**Cordaro, D.** (2023). The Mental Health Revolution. Nostos 2023 by the Stavros Niarchos Foundation, Athens, Greece.

**Cordaro, D.** (2020). Help for the Helpers. Communities in Schools, USA.

**Cordaro, D.** (2019). Emotional Intelligence and Leadership. Stenden University, Indonesia.

**Cordaro, D.** (2019). Mindfulness & Contentment. Insight Ignite, Salt Lake City, Utah.

**Cordaro, D.** (2019). Mindfulness & Contentment. Insight Ignite, Reykjavik, Iceland.

**Cordaro, D.** (2018). The Four Pillars of Wellbeing. Abroad, Thimphu, Bhutan.

**Cordaro, D.** (2016). Experiencing Contentment. MindValley A-Fest Speaker Series, Cancun, Mexico.

**Cordaro, D.** (2015) Realizing Contentment – An Emotion of completeness, wellness, and interconnection. *International Conference on Gross National Happiness*. Thimphu, Bhutan.

- Cordaro, D.** (2015). *The Four Pillars of Wellbeing*. Corbett Prep Teaching Series, Tampa, Florida.
- Cordaro, D.** (2014). *A Journey of Human Emotion and Fundamental Contentment*. Being Human Speaker Series, San Francisco, CA.
- Cordaro, D.** (2014). *Nonverbal Communication Across Cultures*. Sherubtse College Invited Speaker Series, Kanglung, Bhutan.
- Cordaro, D.** (2014). *Human Emotion and Modern Media*. Sherubtse College Invited Speaker Series, Kanglung, Bhutan.
- Cordaro, D. & Flynn, L.** (2013). *Touch Conveys Discrete Emotions*. Berkeley Science Review, Berkeley, CA.
- Cordaro, D.** (2013). *A Brief History of Emotion Science and The Expression and Interpretation of Emotions Across Cultures*. Ithaca College, NY.
- Cordaro, D.** (2013) *The Expression and Interpretation of Emotions Across Cultures*. *International Congress on Emotional Intelligence*. New York City, NY.
- Cordaro, D.** (2013). *The Elements of Expression: New Emotional Expressions, Patterns, and Differences Across Five Cultures*. *International Society for Research in Emotion*. University of California, Berkeley.
- Cordaro, D.** (2013). *The Expression of Emotion across Cultures*. *Berkeley-Stanford Talks*. University of California, Berkeley.
- Cordaro, D.** (2012). *Decoding the Human Language II: Expressions from the USA and East Asia*. Karnatak University Psychology Colloquium, Karnataka, India.
- Cordaro, D.** (2012). *Decoding the Human Language: An Introduction to Global Fluency*. Peking University Psychology Department Colloquium. Beijing, China.
- Cordaro, D.** (2011). *Can we foster compassion by teaching emotional expressions?* TEDxGoldenGateED. Richmond, CA, USA.
- Cordaro, D. & DeTuri, V.** (2007). *Proton transfer between chloroform and methoxide in methanol: A microsolvation study of carbanion formation in a protic solvent*. ACS National Meeting.
- Cordaro, D. & DeTuri, V.** (2006). *Proton transfer between chloroform and methoxide in methanol: A microsolvation study of carbanion formation*. Northeast Regional Meeting.
- Cordaro, D. & DeTuri, V.** (2005). *Proton transfer between chloroform and methoxide in methanol: A microsolvation study of carbanion formation*. James J. Whalen Academic Symposium.

#### RESEARCH EXPERIENCE

Present	Contentment & Wellbeing in Education Across Cultures
2015-2016	Emotional Intelligence, Human Emotion, and Wellbeing, Yale University
2009-2014	Emotion Psychology, UC Berkeley, Institute of Personality and Social Research
2010-2011	Emotion Psychology, Paul Ekman Group
2009	Chemistry Education, UC Berkeley
2007-2009	Bio-Organic Chemistry, UC Berkeley
2006	Supramolecular Chemistry, UC San Diego
2005	Organometallic Chemistry, Universität Erlangen-Nürnberg, Erlangen, Germany
2003-2007	Organic and Computational Chemistry, Ithaca College

#### UNIVERSITY COURSES TAUGHT

Su 2022	Four Pillars of Wellbeing, Columbia University (Self-written course)
Su 2016	Human Emotion, Yale University (Self-written course)
Su 2013	Human Emotion, UC Berkeley (Self-written course)
Su 2010	Advanced Chemistry, UC Berkeley, Academic Talent Development Program
Fa 2009	General Chemistry, UC Berkeley

#### GRADUATE INSTRUCTION TEACHING APPOINTMENTS

Spring 2013	Social Psychology, UC Berkeley Department of Psychology
Fall 2010	Emotion, UC Berkeley Department of Psychology
2007-2009	Organic Chemistry, UC Berkeley Department of Chemistry (6 Semesters)
2006-2007	Organic Chemistry Teaching Assistant, Ithaca College Department of Chemistry
2005-2006	Environmental Chemistry Teaching Assistant, Ithaca College Dept. of Chemistry
2004-2005	General Chemistry Teaching Assistant, Ithaca College Department of Chemistry

*UC Berkeley and Yale University overall student approval rating for all courses taught is greater than 95% (N>600).*

#### CURRENT RESEARCH AREAS

- Mental health systemic change on a large scale.
- Realizing and understanding the emotion contentment
- The differences and similarities of wellbeing conceptualization across cultures
- Creating and implementing tools to teach sustainable wellbeing to adults and children

#### SERVICE

2013-2014	Yale Center for Emotional Intelligence, Scientific Consultant
2012-2014	Facial Action Coding System Instructor, UC Berkeley
2011	Interpersonal Behavior Consultant, Haas Business School, UC Berkeley
2010-2014	Physician-Patient Interaction Consultant, Sutter Health
2010-2013	Cognisess, LLC. Scientific Consultant

#### CERTIFICATIONS & SPECIAL TRAINING

2015	Four Pillars of Wellbeing, Certified Instructor
2011	Facial Action Coding System, Certified Coder
2011	Emotion Facial Action Coding System (EMFACS)

OTHER PUBLICATIONS

2011      Olivier Said & Mike C. (2011). *Kitchen on Fire!: Mastering the Art of Cooking in 12 Weeks (or Less)*. Chapter 13: The Basic Science of Cooking by Daniel Cordaro. Da Capo Lifelong Books; 375-405.

NON-ACADEMIC HONORS

2011-2013      Chef de Science, Cooking Instructor at Kitchen on Fire, Berkeley  
2003      Bronze & Gold Palm Eagle Scout Award  
2003      Black Belt, Soo Bahk Do