

# 2020 Annual Report

ANTHROPEA







# Letter from the Executive Director



Kevin M. Cloninger, PhD  
*Executive Director*

2020 will surely linger in all of our memories. It's difficult to fathom the scope of the impact this year will have on our lives. It is tempting to lay all the blame for the tremendous changes in our relationships, our economy, and our society on the pandemic, but the truth is that these problems have been festering for a long time. 2020 was the year that they converged to create a disruption of epic proportions. Anthropedia's main mission for the last 15 years has been to help people prepare for challenges like these.

As we have done for thousands of years, humans must once again find their way through an uncertain future. In the tales of ancient heroes like Odysseus, Hercules, Jason, and Theseus, we find messages about finding the wherewithal to face terrible storms, famine and drought, plagues, ignorance and fear, and terrifying beasts and monsters. They didn't need adversity in order to grow and achieve their hopes and aspirations, but they found a way to navigate the challenges of their era in order to attain their ends.

Despite the many disappointing developments this year, we found solace in the stories of resilience and unity from people in the communities we serve. The coaches we train and the clients we serve come from a wide variety of cultures and backgrounds. During the Spring quarantine we moved our training online, and we were surprised to see how quickly people from all over the world signed up to participate in it. We were heartened to hear the same stories of hope from people with vastly different experiences of life — refugees in the south of Sweden, mothers in North County St. Louis, helping professionals from Peru, Brazil, and Pakistan. In the end, we're all human, and the things that separate us pale in comparison to the things that bind us together in the unity of the great human family.

We've put together a selection of those stories of hope, resilience, and unity in this impact report; they speak for themselves, but they all underline the importance of the work we do at Anthropedia. This last year, thanks to your support, we've continued to serve individuals around the world through our coaching and training programs. We've also continued to operate the Anthropedia Center for Well-Being near Saint Louis University campus in order to serve the wellness needs of the St. Louis community and the SLU community. Now more than ever, we need your help to continue serving those in need. Thank you for all you've done, and all you will do to help us address these often overlooked, yet fundamental, human needs of health and well-being.



## OUR MISSION

Our name is our mission: we educate (*pedia*) people about how to express their human (*anthropos*) potential in order to face the challenges of the twenty-first century.

Well-being is much more than a luxury; our search for meaning, purpose, and well-being is an essential part of what makes us human. Without it, we aren't living: we are merely surviving.

## OUR VISION

Sustainable well-being in a changing world.

## OUR IMPACT

We promote sustainable health and well-being and work to decrease rates of lifestyle- and stress-related illness through training, coaching, and research and development.

# Our Impact



## Training

Based on the research of the Anthropedia Institute, and in collaboration with the Missouri Institute of Mental Health and Saint Louis University, our Well-Being Coach Certification Program is a 270-hour course that integrates evidence-based well-being approaches from psychology, mindfulness-based stress reduction, and various mind-body approaches to health and well-being. Our program prepares helping professionals to become integrative well-being coaches. In addition to our Well-Being Training Program, we offer workshops and seminars on a variety of topics aimed to educate the community on practices for sustainable well-being.



## Coaching

Anthropedia coaching is person-centered and uses a bio-psycho-social-spiritual approach to well-being. Our evidence-based coaching incorporates a variety of mind-body practices for well-being. We offer well-being coaching to individuals, organizations, and communities worldwide.



## Research and Development

Based on the research of the Anthropedia Institute, we develop evidence-based approaches and educational resources to help people transform their thoughts, attitudes, and behaviors, ultimately helping them to adopt healthier lifestyles. Our international research networks continuously evaluate our resources to determine their effectiveness and impact.



*“In a gentle way, you can shake the world.”  
– Gandhi*

OUR IMPACT IS  
Global

GLOBAL  
HUMANITARIAN  
WHOLE-PERSON  
SUSTAINABLE  
TRANSFORMATIVE

The Anthropedia Institute, our international scientific advisory board and research network, has expanded and now includes the following partners:



UNIVERSITY OF  
GOTHENBURG



SAPIENZA  
UNIVERSITÀ DI ROMA



REGION  
BLEKINGE

We have trained a diverse network of coaches that come to us from across the globe.

New York  
Missouri  
Illinois  
Colorado  
California  
Michigan  
Puerto Rico

Ecuador  
Costa Rica  
El Salvador  
Brazil  
Peru  
Argentina

France  
Switzerland  
Belgium  
Spain  
Italy  
England  
Sweden  
Serbia  
Bosnia  
Macedonia  
Russia

Egypt  
Somalia  
Nigeria

South Korea  
Japan  
Syria  
Iran  
India  
Pakistan  
Afghanistan  
Australia

From the United States to France, Sweden, and Portugal, we are expanding our impact.

In 2020, we have significantly expanded our impact through a new online training program. In 2020, we offered four Well-Being Training Program sessions, consisting of over 55 participants representing 10 countries.

Thanks to our global reach, our coaches are improving the lives of thousands of people worldwide—at-risk youth, refugees and immigrants, homeless or impoverished individuals, and those involved in the criminal justice system, as well as students, teachers, parents, and more.



## Anthropedia Center for Well-Being

In February 2020, Anthropedia opened our first bricks and mortar facility, the *Anthropedia Center for Well-Being* in Saint Louis on the edge of Saint Louis University's campus. The Center is focused on promoting sustainable health and well-being and reducing rates of lifestyle- and stress-related illnesses through research, education, and wellness services.

The Center houses the Anthropedia Academy, a training center for the professional development of coaches, counselors, social workers, and educators to foster the continued growth of skills and best practices in the field of mental health and well-being. The Center also houses The Wellness Agora, an integrative wellness center with over 20 services designed to promote relaxation and stress reduction.

The Center is the culmination and practical application of over twenty years of research on the science of well-being conducted by the Anthropedia Foundation and Dr. C. Robert Cloninger, the former Director of the Sansone Center for Well-Being at Washington University. For nearly twenty years, our research and development efforts have been supported by Anthony (Tony) Sansone Jr., in memory of his late wife, Peggy Sansone. After having lost Peggy to suicide in 2001, Tony has committed his life to helping other people who suffer from mental illness to find the sanctity of well-being.



In 2019, Tony expanded his support of our mission by providing a significant donation to open the Anthropedia Center for Well-Being. His donation allows us to provide direct care and support to people wanting to live a healthier, happier life.

**“ If Peggy were standing here with me today, she would have wanted something like this. She was the type of person who would do anything to help other people feel better... Let's carry on [her memory]; let's be a beacon of hope; let's do what we have to do—do everything within the possible realm—to save others from this dreadful disease.**

**The Anthropedia Center for Well-Being is made possible through the spirit of Peggy Sansone and the tireless effort of Dr. C. Robert Cloninger. May all those who come through these doors walk out with greater meaning and higher purpose.”**

**- Anthony Sansone, Jr.**





PROJECT SPOTLIGHT

With the temporary closure due to COVID-19, our center went virtual with our educational and wellness offerings, providing workshops, seminars, training, and meditation classes online. Hundreds of individuals participated in our virtual programming from across the world.

750

individuals served

“The Anthropedia Center for Well-Being has been such a wonderful addition to the SLU community. Their doors are always wide open, and all of the employees are very kind and helpful. I truly appreciated having a space to stay grounded and mindful of my mental health this semester. Choosing a service there is like reading a menu of answers to all my stress problems; it’s amazing. My favorite part of the Center is that it’s so unique to any other services near campus—it’s comprehensive, scientific, and most importantly geared towards helping everyone find deep, long-lasting happiness. I truly feel like I’ve been able to change how I approach my stress and other parts of my health after spending time there this past semester.”

- Catherine Cline, Saint Louis University Student



PROJECT SPOTLIGHT

“My friends and I are all still students, so all of us struggle a lot with stress and depression and just feeling like we are kind of stuck in life and like we are not going anywhere. I feel like the Anthropedia Center for Well-Being is something that takes that mentality and goes, ‘Yeah, you are not going anywhere currently, but how can you take that stalemate feeling and turn it into something? How do you take the student stress and turn it into motivation and into something positive?’ It is a lasting motivation and positive spin on things that you usually would not even face.”

- Nursing Student, Well-Being Coaching Client

“As a Division I athlete, I come here because it allows my body to be prepared for the next day. Mentally, it keeps me strong and I know I got my recovery in which allows me to perform at a high level.”

- Fred Thatch Jr., Saint Louis University Student and Basketball Player





OUR IMPACT IS  
Humanitarian

GLOBAL  
HUMANITARIAN  
WHOLE-PERSON  
SUSTAINABLE  
TRANSFORMATIVE

“If you’re not becoming more and more the person you’re supposed to be, how can you help someone else become the person they’re supposed to be? And that means you don’t ever settle, you keep working on it. But I didn’t necessarily know how to do that. Anthropeia gave me procedures and processes and tools to help me do that. And you can offer that to clients.”

- Ann Rotermund, M.Ed. and Certified Well-Being Coach at Saint Patrick Center in St. Louis



We have to ask how we can participate in the healing of our communities and our planet for the benefit of future generations that will have to deal with the consequences of our lack of action in the 21st century.

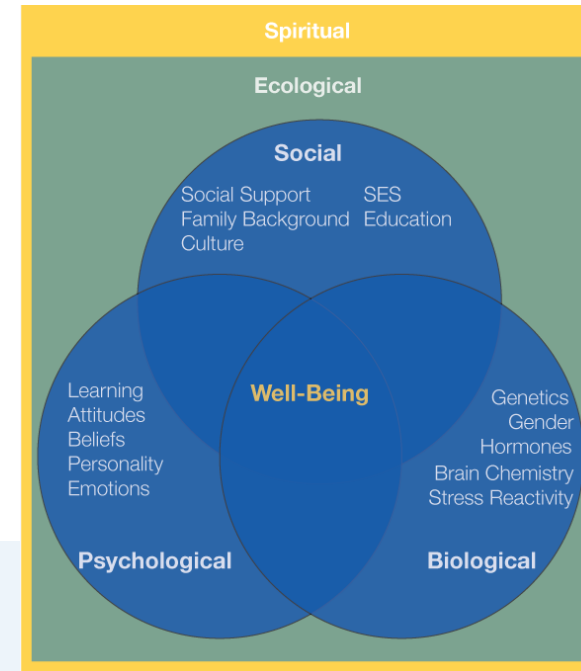
This reorientation requires a personal exploration of what brings our lives greater meaning and purpose. It also implies a greater commitment to social justice, a reduction of materialism, a focus on the person, and a greater awareness of and concern for all humanity. Our coaches and their clients live these values.

*“An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity.”*

– Martin Luther King, Jr.

OUR IMPACT IS  
Whole-Person

GLOBAL  
HUMANITARIAN  
WHOLE-PERSON  
SUSTAINABLE  
TRANSFORMATIVE



Anthropeia’s model of well-being is bio-psycho-social-spiritual. This systemic approach takes into account the different interacting factors related to our mind, body, and spirit in their social, cultural, and ecological context.

“Over the last ten months I have grown profoundly. It is not easy raising teenagers, and we navigated some pretty big challenges in the last year. [...] The tools that I learned in the training have been invaluable to me. My awareness has grown, and I learned to put systems in place to prevent me from spiraling downward when life gets hard. I’ve learned better communication skills. I have learned the importance of having balance in body, thought, and soul, and most importantly, I have learned how to model better practices for my children who are always watching.”

- Stephanie Stewart, Well-Being Coach, Mother, and Fitness Instructor





OUR IMPACT IS  
Whole-Person

GLOBAL  
HUMANITARIAN  
WHOLE-PERSON  
SUSTAINABLE  
TRANSFORMATIVE

“Until you focus on all three aspects of your being, it’s all a facade, and when you are working on those things simultaneously you can live a happier, more enriched life and so I’m more aware of working toward this... It’s all about well-being. Well-being does not have a color or culture or anything to it. It’s just mind, body, spirit. We all have one. And we all need to see how to keep all three healthy.”

- Toni Muhammad, *Executive Director of Catholic Urban Programs and Well-Being Training Program Participant, St. Louis*



“The Anthropedia training was amazing. I really can’t say enough about the content or the supportive instructors. When I started the training, I was recently retired and was feeling rudderless. The *Know Yourself* videos and science-based lessons challenged me emotionally and intellectually, leaving me filled with new vigor for life and learning. As I progressed, the things I learned transformed my way of thinking, increased my feelings of gratitude, and touched the deepest parts of my heart and soul. The Body Awakening aspect was fascinating; it put me in touch with my body, an aspect of my being that I’d neglected for a very long time due to the stress and demand of work, family, and modern life. I will miss the entire experience, but I know that my life journey to living in sustainable well-being has only begun.”

- Sue Gerker, *Well-Being Coach, Retired Executive*

“With Anthropedia, I think I found one more part of myself.”

- Anastasia Dimitreva, *Well-Being Coach, Sweden*

OUR IMPACT IS  
Sustainable

GLOBAL  
HUMANITARIAN  
WHOLE-PERSON  
SUSTAINABLE  
TRANSFORMATIVE

“Well-being coaching was a turning point in my life. I’ve had so many experiences talking with psychologists, but I didn’t get the help and plan that I needed to get out of that situation. They just diagnosed me with depression and anxiety. And so I couldn’t get help from that. But now I have the materials and tools, and it’s just up to me if I want to come out of this situation or not.”

- Well-Being Training Program Participant, *Sweden*

“The one thing I want to say too is that it’s sustainable change. I’ve been to retreats, and maybe you notice a difference for 6 months, and then you’re back to the same person. But the one thing with Anthropedia is that it’s a sustainable change in your life. And that is pretty amazing. I think when you’re talking about a person of my age, sometimes we’re kind of set in our ways and in our character and our temperament. So, to make these sustainable changes in your life, it’s huge.”

- Cindy Wills, *Former Early Childhood Development Center Principal and Well-Being Coach*





# Center of Competence

In collaboration with the Center of Competence in Blekinge, Sweden, Anthropeia has trained over 50 coaches, who have worked in projects that serve immigrants and refugees, unemployed individuals, and at-risk youth.

New data analyzed from Sweden compares work interventions (in green): physical activity, work search, cultural activities, etc.; psychiatric interventions (in orange): therapy, drugs, and horticulture; and Anthropeia's interventions (in blue): coaching and/or wellness services.

Specifically, our project that provided coaching and wellness services to unemployed individuals demonstrated statistically significant changes in a variety of outcomes, as indicated by the red stars. The minus sign demonstrates a marginal result.

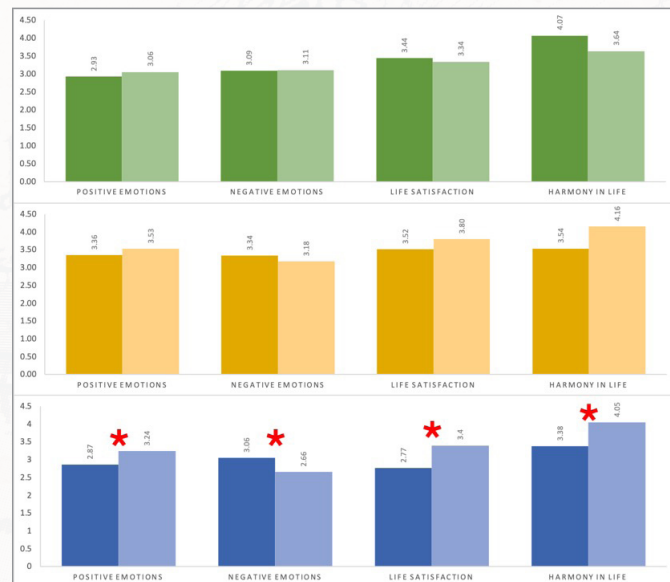
**50**

individuals trained

**1,598**

served through coaching and a variety of wellness interventions

## SUBJECTIVE WELL-BEING

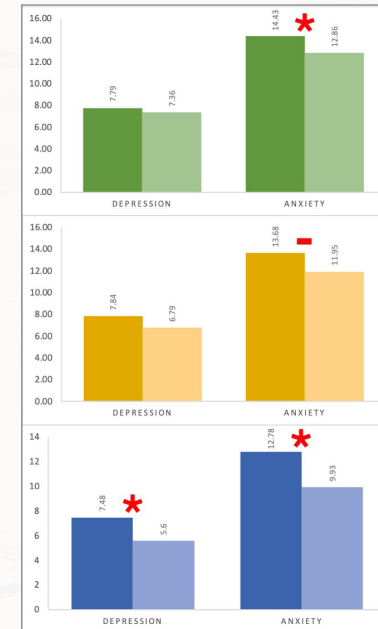


**Work Interventions**  
(physical activity, work search, cultural activities, etc.)

**Psychiatric Interventions**  
(therapy, drugs, horticulture)

**Anthropeia's Interventions**  
(coaching and/or wellness services)

## ANXIETY AND DEPRESSION

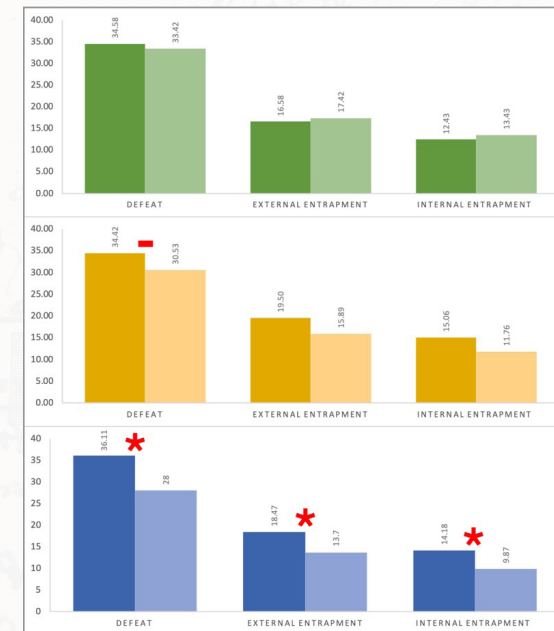


**Work Interventions**  
(physical activity, work search, cultural activities, etc.)

**Psychiatric Interventions**  
(therapy, drugs, horticulture)

**Anthropeia's Interventions**  
(coaching and/or wellness services)

## DEFEAT AND ENTRAPMENT



**Work Interventions**  
(physical activity, work search, cultural activities, etc.)

**Psychiatric Interventions**  
(therapy, drugs, horticulture)

**Anthropeia's Interventions**  
(coaching and/or wellness services)



OUR IMPACT IS  
Transformative

GLOBAL  
HUMANITARIAN  
WHOLE-PERSON  
SUSTAINABLE  
TRANSFORMATIVE

Anthropedia's fundamental goal is to help individuals transform their overarching outlook on life, challenge their limiting thoughts and behaviors, and learn to live in harmony with themselves and the world around them. This requires deeper self-examination, a wide breadth of knowledge, and a variety of tools, all of which are made possible through our training program and coaching.



“ I have come to understand that when I choose to love first, that I am opened up to be a part of the world in a way that I never imagined was possible. I learned that I exist as a tiny piece of the universe and yet all the things that I appreciate about the world around me are the very elements that make me who I am. I have learned that identifying the best me helps me to show up for others in their time of need and I can do so with their well-being in the forefront of my mind without sacrificing my own. That knowledge of self is invaluable to me as I evolve everyday and I choose to become a better wife... a better mother... a better human.”

- Ronda Smith-Branch, *Well-Being Training Program Participant*

“ I'm able to understand how my thought processes develop into negative patterns and to free myself from those schemas.”

- Howard Smith, *Lawyer and Well-Being Coaching Client*



OUR IMPACT IS  
Transformative

GLOBAL  
HUMANITARIAN  
WHOLE-PERSON  
SUSTAINABLE  
TRANSFORMATIVE

“ Training allowed me to discover who I truly am, accept myself as I truly am, and transform aspects of myself that were getting in the way of me living a rich and fulfilling life. Before the training I often felt like something was missing from my life, but I couldn't quite put my finger on it. I didn't know what that 'something' was, but I knew it was vital to my experience and that having it would mean living a more satisfying life. In the process of self-discovery, acceptance, and transformation I found that 'something' which, I now know, was inside of me the entire time, but was brought out by the tools and knowledge that the training gave me. Because of the training I now feel more confident and prepared than ever to face the inevitable challenges and hardships of life, and to do so while remaining in a state of well-being. For me, it was truly a life-changing experience and I had no idea, until now, how satisfying my life could be.”



- Jasmine Dorris, *Licensed Massage Therapist and Well-Being Training Participant*

“ The most surprising thing I learned about myself is that I'm more capable than I thought I was of doing whatever I want to do.”

- Jim B., *Saint Patrick Center Client, Well-Being Coaching Client, and Well-Being Training Participant*





# Character Development and Well-Being

Anthropedia's Well-Being Training and Coaching have been designed to develop a person's character: self-directedness, cooperativeness, and self-transcendence. Growth in these character dimensions has been shown to increase one's resilience and overall well-being, as well as improve physical and mental health. (Cloninger, Svrakic et al. 1997, Cloninger 2004, Sohar et al. 2010, Cloninger and Zohar 2011).

## Scientifically Proven to Develop Character

A recent study of 137 of our coach trainees demonstrated that there were substantial gains in character development as measured by the Temperament and Character Inventory (TCI). This included statistically significant ( $p < .01$ ) improvement in mean character trait scores before and after the training. Our training improves the following character traits:



### SELF-ACCEPTANCE

*satisfaction and happiness with oneself*



### EMPATHY

*the ability to share and understand the feelings of others*



### MORAL REASONING

*logical reasoning of what one ought to do morally*



### SELF-TRANSCENDENCE

*identifying the self as an integral part of the unity of all things*

## PROJECT SPOTLIGHT

# Well-Being Training Program

When faced with the temporary closure of our training center due to the COVID-19 pandemic, our team quickly pivoted and designed an online training program. For the first time in 15 years of operation, we went virtual with our Well-Being Training Program. This increased the access to our training, attracting people from all corners of the world, including Peru, Syria, Spain, England, Iran, Argentina, Brazil, Pakistan, United States, and Sweden.

55

trainees

4

trainings

10

countries represented



“

I have been on the journey of well-being for some time now, but the knowledge, awareness, and pedagogical training that I have received from Anthropedia is far beyond the norm. This training encapsulates everything that is health. The online experience challenges you but it doesn't defeat you. This is definitely where I need to be.”

- Tracy S., Well-Being Training Program Participant

“

It's safe to say that the biggest positive of the COVID-19 pandemic this year was Anthropedia's conversion to an online format for the Well-Being Coach Program. In the uncertainty of these times, the course has been a rare light, and a blessing. Trying to describe the profundity of the program, only an analogy of an astronaut comes to mind, and the way I'd imagine they'd feel looking at the entire Earth from the window of a spacecraft, seeing the place they've always known but realizing they are seeing it for the first time.

- Amie S., Well-Being Training Program Participant



## Kirkwood-Webster Well-Being Initiative

The Kirkwood-Webster Well-Being Initiative is dedicated to improving the overall mental health and well-being of young people in Kirkwood and Webster Groves, as well as the individuals who support them, including parents and educators. This is a grassroots effort, fueled by dedicated community members.

The initiative was started in November 2018, in partnership with Anthropedia. It provides coaching as well as mental health and wellness services to the community on a sliding-scale and free basis.

**9**

*certified coaches*

**1,000**

*hours of well-being coach training*

**260**

*hours of free services provided*

“

I needed to get to know myself again, I needed to feel confident and secure and find a new direction. I'm definitely on a better path and can see the light at the end of the tunnel. When we are busy with our day-to-day lives we don't stop long enough to take a good look at ourselves, to ask ourselves why we have certain patterns or why we continue to do things that make us unhappy. Just realizing how I'm wired and why I do things has been so enlightening.”

- Well-Being Coaching Client, *Kirkwood Initiative*

## Northwest Community Well-Being Initiative

Anthropedia, in partnership with Northwest R-1 School District in Jefferson County, Missouri, created the Northwest Wellness Center in 2016. The center supports parents, teachers, students, and community members.

To date, 40 coaches have been trained and over 2,500 individuals have been impacted by coaching and educational programming.

**40**

*coaches trained*

**2,500**

*individuals impacted by coaching and educational programming*

“

Anthropedia did not take away the difficult and overwhelming situations that everyone encounters, but it made overcoming those situations simpler. Life still hands me lemons, but I find it easier to make lemonade. The moment I started letting Anthropedia into my life is the moment I truly became happy with who I am and the person I am meant to be. Aristotle said that knowing yourself is the beginning of all wisdom. I hope and believe I am on that path.”

- Northwest Initiative Coaching Client

“

The biggest advantage of Anthropedia has been that it has shaped me into a person who is both high-achieving and focused on happiness...”

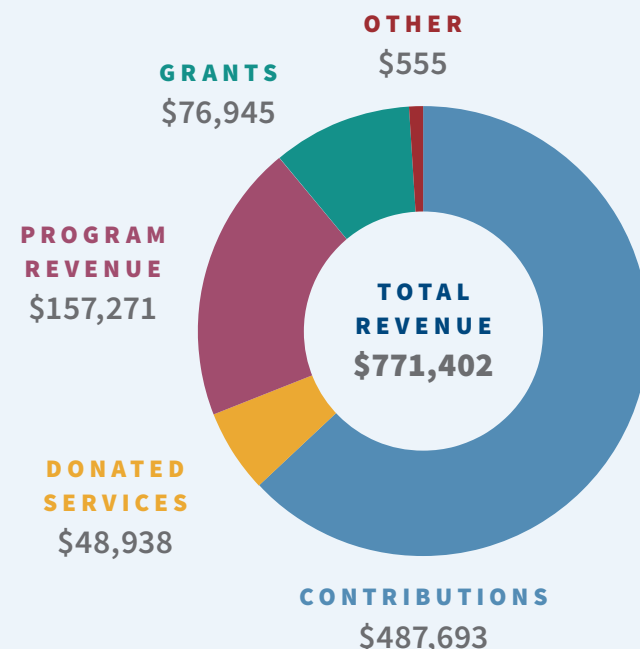
- Northwest Initiative Coaching Client



# Revenue and Expenses

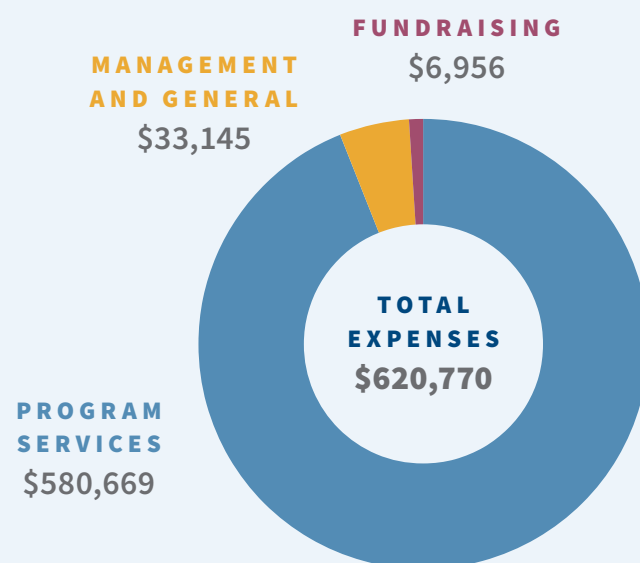
## REVENUE IN 2019

Anthropedia's revenue in 2019 came from five sources: contributions, donated services, program revenue, grants, and other miscellaneous sources. The total revenue for the year ended December 31, 2019 amounted to \$771,402.



## EXPENSES IN 2019

Anthropedia's expenses in 2019 came from three sources: program services, management and general, and fundraising. The total expenses for the year ended December 31, 2019 amounted to \$620,770.



## OUR BOARD MEMBERS

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*President and CEO of PALM Health*

Sita Kedia, M.D., M.P.H., Vice President  
*Chief Medical Officer of PALM Health*

Robert Munsch, M.D., Treasurer  
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Catherine Erb, Philanthropic Development

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UNIVERSITY OF  
GOTHENBURG

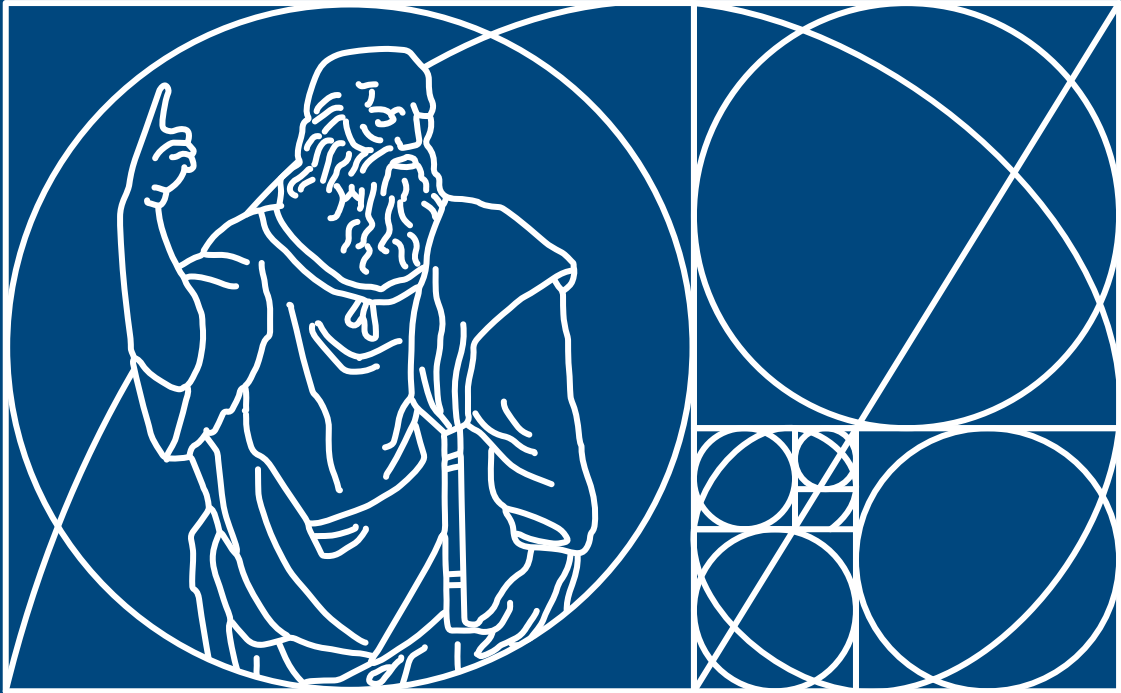


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