

2022 Annual Report

ANTHROPEdia



Overview of Anthropedia

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 are 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 IS

- Global
- Humanitarian
- Whole-person
- Sustainable
- Transformative

OUR ACHIEVEMENTS

- Over 1,500 coaches certified worldwide
- Over 100,000 people served since 2005
- Online courses available in French and English
- Over 3,000 free coaching hours provided
- 75 participating schools and organizations

WHO WE SERVE

- Individuals seeking a healthier, calmer, and more fulfilled life
- Aspiring or practicing helping professionals such as counselors, social workers, community health workers, and educators who are seeking to become certified coaches
- Mental health professionals and educators seeking to expand their skills in helping people self-actualize
- Organizations seeking to foster mental health and well-being for their clients and communities

OUR SERVICES

For Personal Growth

- Know Yourself Coaching
- Live and on-demand learning opportunities on topics related to personality, well-being, healthy living, and cultural perspectives on health and wellness
- Well-Being and Resilience Training Program
- Access to the Anthropedia Center for Well-Being in Saint Louis for wellness services

For Professional Development

- Well-Being Coach Certification Program
- Temperament and Character Inventory (TCI) Training for Researchers
- Temperament and Character Inventory (TCI) Training for Clinicians
- Continuing Education and Training approved by the Missouri Institute of Mental Health (for Social Workers, Nurses, Counselors, and Psychologists)
- Live and on-demand continuing education and workshops

We have several community-wide initiatives in which we serve the individuals living or working within a particular city or town. We also partner with organizations such as school districts, universities, healthcare organizations, and social service agencies to provide workshops, coaching, and coach training to their employees and clients.

OUR OUTCOMES

Our programs produce results, even for individuals in the most challenging situations. Specifically, our programs have helped participants increase well-being and resilience as measured by the CDC's Public Health Surveillance Well-Being Scale, the Temperament and Character Inventory, and Harvard's Flourishing Scale.



Participants experienced increases in:

- 📈 *overall mental and physical health*
- 📈 *character development including self-directedness and cooperativeness*
- 📈 *happiness and life satisfaction*
- 📈 *meaning and purpose*
- 📈 *a sense of accomplishment*
- 📈 *energy level*
- 📈 *hopefulness*
- 📈 *cheerfulness*
- 📈 *financial and material stability*
- 📈 *social and family life satisfaction*

2022 in Review

COMMUNITY-BASED COACHING PROGRAMS

Since 2010, Anthropedia has partnered with a wide variety of communities and organizations to address the unmet wellness needs of diverse audiences — parents, teachers, students, helping professionals, and homeless men and women to name a few. Each of these collaborative programs have consisted of training and certifying members of the respective communities as well-being coaches. Once certified, these coaches provide free and sliding-scale coaching to ensure that wellness is affordable and accessible to all. Our community-based coaching programs have included:



PROGRAM SPOTLIGHT: TAKE THE TIME

Take the Time was launched in 2021 in response to the COVID-19 pandemic to address the high rates of burnout and compassion fatigue experienced by helping professionals, specifically educators and mental health professionals. Funded by the Saint Louis County Children's Service Fund and Missouri Foundation for Health, *Take the Time* is a collaborative program with Mental Health America of Eastern Missouri. The program included wellness seminars and workshops and well-being coaching.

In total, during the 1.5-year program:

150+ *helping professionals were provided well-being coaching*

5,000+ *individuals were served through seminars, workshops, and educational services*

20+ *school districts were represented*

50+ *community-based organizations were represented*

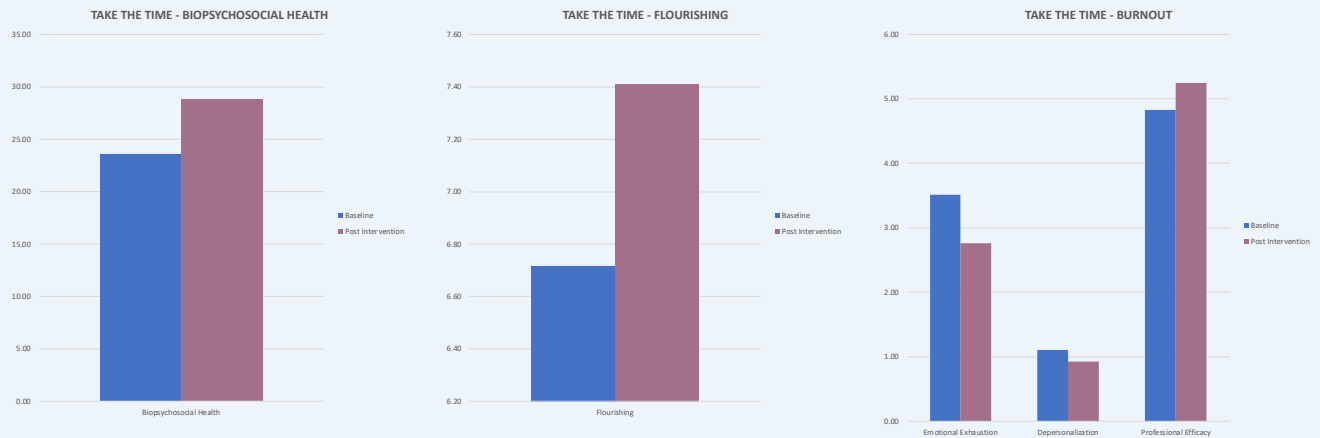
“If this weren't available to me during my personal and professional crisis, I would not be able to write this positive evaluation because I would have lost it all from the stress and burnout I felt. This changed my entire life in more ways than one.”

- Educator and *Take the Time* Client

“While I still struggle with physical exhaustion, I have felt re-energized this school year and much more positive about the work I am doing. I also feel better prepared to manage conflicts, both personal and professional, and I have grown in confidence in identifying triggers for managing stress.”

- Educator and *Take the Time* Client

The following charts highlight the statistically significant outcomes achieved by program participants.



PROGRAM SPOTLIGHT: WELL-BEING COACH CERTIFICATION PROGRAM

Our robust interdisciplinary training program is becoming widely recognized as one of the most rigorous and effective professional health and wellness coach certification programs in the industry specialized in mental health promotion. It is approved and accredited by the following organizations:



1,500+ well-being coaches certified worldwide



Tracy Stanton
Certified Well-Being Coach

“When all of the pieces [of the training] started coming together, it opened up a world inside of me. It has definitely changed the trajectory of my life, it has made me become so much more aware of myself. It has changed the way I communicate and interact with other people and just have empathy and compassion. It has allowed me to really be able to monitor myself on a more consistent basis while also being more graceful with myself as well. It has opened up a new spectrum of existence for me and because of that, a new spectrum of existence for the individuals I communicate with.”

Leadership and Partners

BOARD LEADERSHIP

Board Leadership

Lauren Dal Farra, MD
Co-Founder, Board Chairman & President

Sita Kedia, MD
Co-Founder, Board Vice President

HSH Prince Albert II of Monaco

Christopher Collins, PhD, SJ

Catherine Erb

Robert Munsch, MD

LEADERSHIP TEAM

Kevin Cloninger, PhD
Co-Founder, Executive Director

Robert Cloninger, MD
Director of the Anthropedia Institute

Claude Dal Farra, PhD
Director of Strategic Development

Nigel Lester, MD
Director of Professional Development

Alinda Muszynski, NBC-HWC
Director of Programs and Administration

Lara Pennington, LMSW
Director of Community Engagement

OUR PARTNERS AND FUNDERS



NEW GROWTH
HORIZON
FOUNDATION



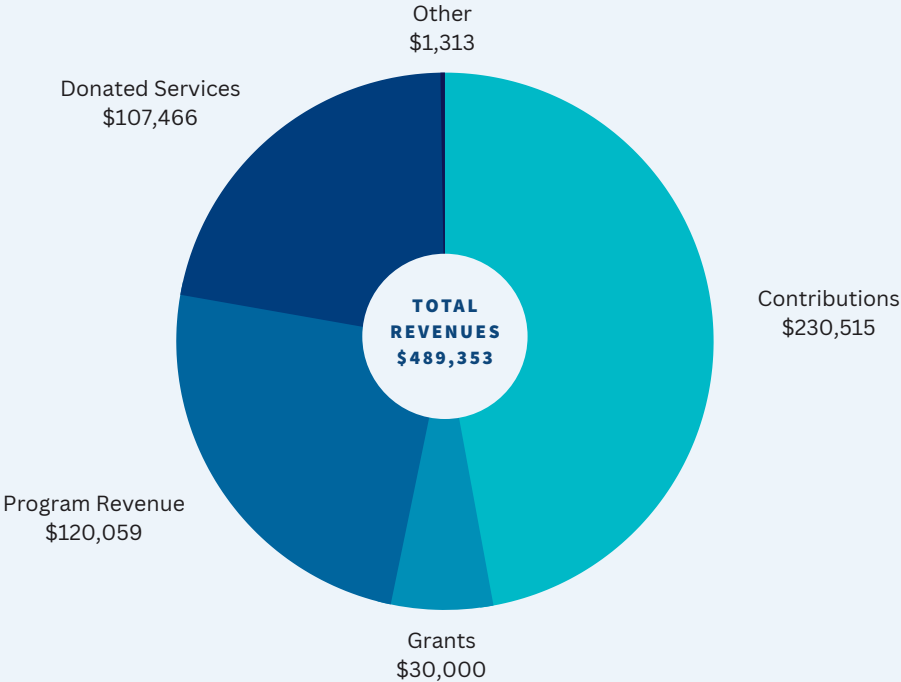
Jefferson
Foundation



Revenues

FOR THE YEAR ENDED DECEMBER 31, 2021

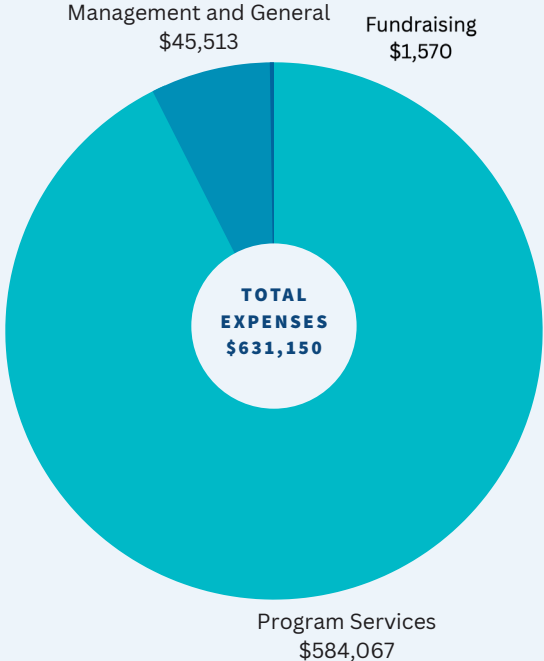
Contributions \$230,515
Grants \$30,000
Program Revenue \$120,059
Donated Services \$107,466
Other \$1,313
Total Revenues \$489,353



Expenses

FOR THE YEAR ENDED DECEMBER 31, 2021

Program services \$584,067
Management and General \$45,513
Fundraising \$1,570
Total Expenses \$631,150





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