



The
Contentment
... Foundation ...

Contentment for
Business:
Be Well, Do Good.

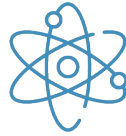


www.contentment.org

About The Contentment Foundation



We believe in a world where everyone has the tools to cultivate sustainable wellbeing from the inside out.



Within organizations, our expertise centers around the domains of mental health and wellbeing, diversity, equity & inclusion, and high performance culture.



Contentment
... Foundation ...



100% of the profit from our corporate partnerships goes to transforming and saving lives in at-risk communities globally through our mental wellness program for teachers, children, and parents. See some examples of our global reach [here](#).

Through Contentment for Business our corporate partners have helped support our work in **Kenya (29 schools), Bhutan (65 schools), Uganda (6 refugee communities), the United States (51 schools), as well as pilots in India and Indonesia**. Our media team will document the success of your philanthropic impact, and we can collaborate on marketing initiatives.

The 21st century work floor is dominated by constant, continuous, and significant change.

THE CHANGE

It started with digital transformation many years ago, but now includes dealing with pandemics, lockdowns, and instability of global political and financial systems.



CHALLENGES

The Great Resignation, “quiet quitting”, hybrid work, and calls for more inclusive work environments all impact retention, engagement, well-being, and performance.



THE SOLUTION

Many years of research suggest culture is the deciding factor in whether organizations can adequately deal with increasingly complex and unpredictable work environments.



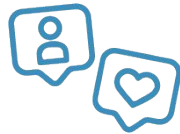
THE FUTURE

Our work focuses on the culture factors that are proven to help build and sustain inclusive and resilient, truly successful organizations.



The main goals of our programs are to enhance wellbeing, stimulate inclusion, and create a sustainable high performance culture at every level of the organization.

600 billion USD per year is lost on employee turnover. However, companies that invest in culture experience the following clear benefits:



76%

more engagement



27%

reduction in turnover



50%

more productivity



74%

less stress



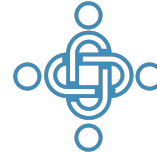
26%

greater skills
preparedness



29%

More life
satisfaction



57%

workers more
likely to collaborate



67%

+ probability of
applying newly
learned skills

The aim of our bespoke programs is to train, analyze, build, and integrate wellbeing, inclusion, and resilience into the fabric of your company culture. We offer the following services:

Keynotes, Masterclasses & Workshops

Applied Psychological Safety Certification Program

Culture Analysis

HR Process Consulting

Individual & Team coaching



We offer tailored solutions to maximize impact.

The next slides provide an example of potential programs for various populations. We look forward to working with you to tailor this content to your organization's needs.

We design masterclasses based on our clients' needs, integrating neuroscience, psychology, behavioral change, and experiential learning to maximize results.

Our team of facilitators are experts at integrating connection, engagement, belonging, and fun into all virtual or face-to-face sessions in order to leave participants feeling energized and motivated, instead of drained and fatigued.

Masterclasses we have delivered (as examples):

- Thriving Through Change: Lessons from F1
- Fundamentals of Psychological Safety
- The Science of Stress
- The Science of Wellbeing
- DEI Through the Lens of Neuroscience



Applied Psychological Safety Certification Program



Psychological safety is the foundation of a healthy, sustainable, high performance culture. It is at the core of wellbeing, and the basis of any successful DEI initiative.

Our cornerstone Applied Psychological Safety Certification Program allows your organization to take psychological safety to the next level. We go beyond theory, and focus on applying knowledge in the context of your work environment.

Our certification program contains three levels:

- E** Essentials
- A** Advanced
- T** Transformative

Each level includes a combination of experiential learning, practical assignments, accountability partners, and group coaching. The maximum number of participants per cohort is 50 (multiple cohorts may be set up).



Our High Performance Culture Analysis



Culture Analysis
Months 1-3



Masterclass 1
Month 4



Masterclass 2
Month 5



Masterclass 3
Month 6

Our 6-month High Performance Culture Analysis consists of a qualitative culture analysis on your team(s). The analysis is focused on high performance culture characteristics, including wellbeing and DEI. Based on the outcome of the analysis we develop three virtual masterclasses, exclusively for your population.

Implementation Planning

We work with managers on implementation planning. We consult on best practices around integrating learning outcomes from masterclasses and experiential learning workshops into the work environment, and coach managers on any challenges they may face.

HR Process Integration

We help weave best practices through all existing HR processes, and become wholly embedded in the culture.

This will ensure long-term, sustainable transformation.





We have a Large Network of Executive Coaches

Our large network of executive coaches and facilitators is available to provide both 1:1 and group coaching to senior leaders and directors, as an add-on to larger culture programs.

How We Create High Performance Cultures

Creating sustainable high performance cultures requires trust, compassion, empathy, emotional intelligence, and an in-depth understanding of your own unconscious biases.

Ensuring Sustainable High Performance within Your Teams

Understanding who you are is fundamental to creating sustainable high performance.

Individual and group coaching options support leaders to embody the principles themselves, so they are better able to enhance psychological safety and stimulate high performance within their teams.



Romy
Alexandra

Psychological Safety Practitioner
Experiential Learning Specialist

Contentment for Business was founded by Dr. Marcia Goddard, an experienced PhD-level neuroscientist, psychologist and corporate consultant.

Program development and facilitation is mainly done by Dr. Marcia Goddard and Romy Alexandra, a certified psychological safety practitioner and experiential learning specialist, supplemented by a global network of highly trained independent executive coaches, psychologists, and trainers.



Dr. Marcia
Goddard

Neuroscientist
Founder of C4B

Proud to Partner with Global Companies

WHAT PEOPLE ARE SAYING

"These sessions have given me tangible, practical insights that I can start implementing within my own team right away."

"I think the connection of neuroscience to daily work was very relatable and easy to understand. The facilitator provided us with direct tools we can apply in practice. Very valuable and interesting!"

"Great presenter; I was focused entire class due to the way she presented."



Join our growing network of global
companies who believe that
culture is the key to success.



The
Contentment
... Foundation ...