



The
Contentment
... Foundation ...

Four Pillars of Wellbeing Program

A comprehensive, scalable Tier 1
Mental Health support system for
large school networks.

www.contentment.org

The second leading cause of death for young adults globally is suicide.

([WHO, 2020](#))

1:6 children suffer from a diagnosable mental illness nationally.

([WHO, 2021](#))

The leading cause of childhood disability is depression. ([WHO, 2021](#))

1:3 young adults in NYC reported feeling "so sad or hopeless almost every day..." ([CDC, 2019](#))

Prevalence of childhood depression & anxiety has increased by 50% over 10 years. ([CDC, 2021](#))

Later in life, 1:5 adults suffer from a diagnosable mental illness - the third leading cause of disability. ([MHA, 2021](#))



The solution is **whole school** mental health support. ([mentalhealth.gov](https://www.mentalhealth.gov), 2019)

- Significantly increases **academic performance**, reduces stress & anxiety. ([Durlak, et al., 2011](#))
- Positive impact on mental health lasts for **up to 18 years** post intervention. ([Taylor, et al., 2017](#))
- Average per-school ROI is **\$11 for every \$1** spent. ([Columbia Univ., 2015](#))
- Significantly **reduces large-scale poverty**. ([Brookings, 2015](#))
- Successful interventions at early ages predict long term **wellness into adulthood**. ([Jones et al., 2015](#))



The Solution is Inside



The Contentment Foundation provides powerful mental wellness programs to schools, families, and organizations globally.

The practices we teach transform and save lives.

We offer simple, effective tools for ages 3-18 and every adult in the school's ecosystem.

We also support families at home so that everyone can access the program.

What we do

- Critical **mental wellbeing programs** for teachers, staff, students, employees, and family members.
- We **focus on underserved communities** who need us the most.

How we do it

- **Scientifically evidenced** to improve health, wellness, safety, and job satisfaction metrics across the board.
- Combination of elegant **digital technology and expert live support** for all stakeholders.
- **Global team** serving eight countries and supported by two international awards for our work.
- Partner with corporations – **100% of revenues support schools in dire and immediate need of help.**





The future of humanity rests in the hands of the next generation of innovators, creators, and inventors.

And their future rests in our hands. What they will be capable of tomorrow is entirely up to what we empower them with today.

They need the mental wellness and resilience skills required to solve humanity's greatest challenges with clarity, focus, and creativity.

We learn from the challenges of the past to create a better future.

Our Vision, Mission & SDG Targets

Vision Indestructible wellbeing for all.

Mission Provide access to powerful mental wellbeing practices to one billion people within one generation.

We aim to provide world-class Tier 1 Mental Health Services to schools globally, across all sectors of society, and transform and save lives.

Our SDG targets



Comprehensive Support for the Entire School



Four Pillars of
Wellbeing
Curriculum



School
Wellbeing
Analytics
System



Massive
Wellbeing
Library



Powerful
Extensions to
Families



Year-round
Rollout
Support

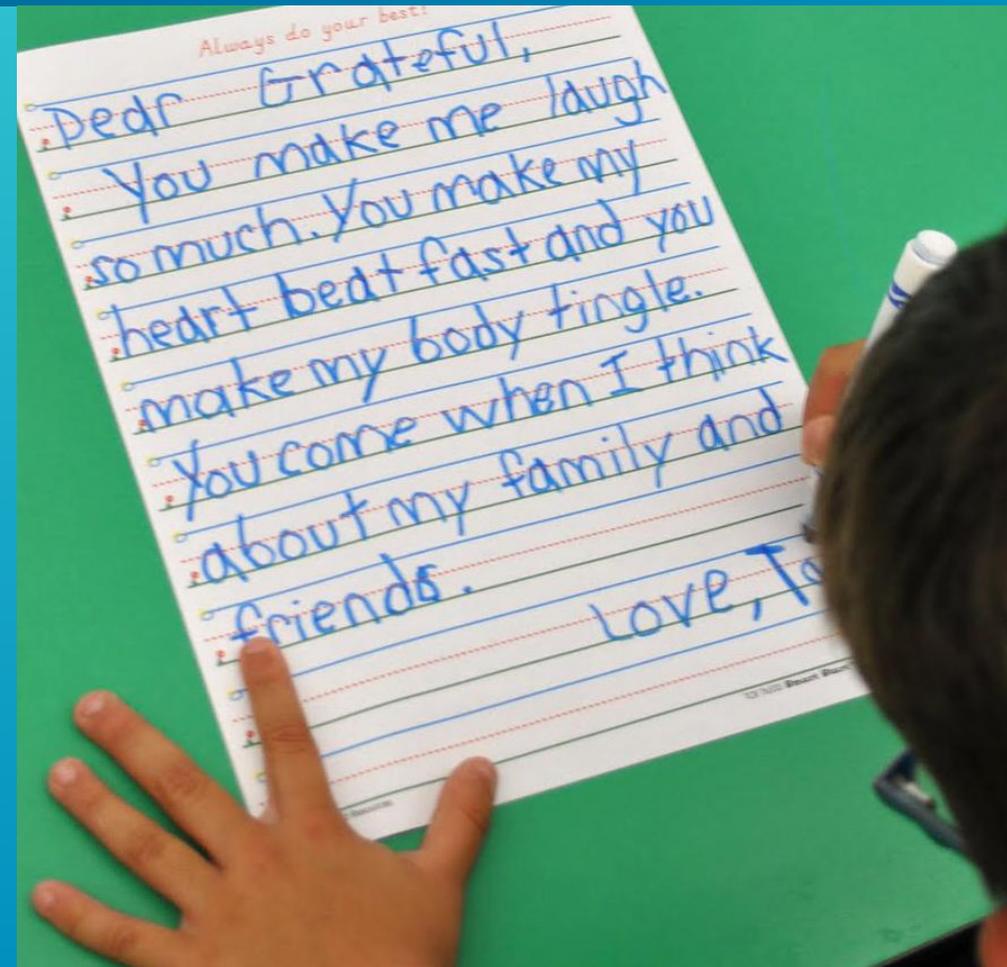
The Four Pillars of Wellbeing

The Four Pillars of Wellbeing program empowers adults and children with the skills to navigate all of life's experiences with wisdom, clarity, and compassion.

It teaches learners how to find the joy that is already inside of them.

The Four Pillars are grounded firmly in rigorous science, and have a rich philosophical history spanning thousands of years across cultures.

It is the first ever curriculum that takes a truly holistic approach to wellbeing, and its impact is clear, measurable, and scalable.



The Four Pillars of Wellbeing

Mindfulness



Selfless Service
Compassion & Trust
Conflict Resolution



Community

Self Awareness
Focused Attention
Non Judgment

Self Curiosity



Inner Psychology
Challenging Biases
Activating Greater
Potential

Emotional Intelligence
Self Acceptance
Equanimity



Contentment

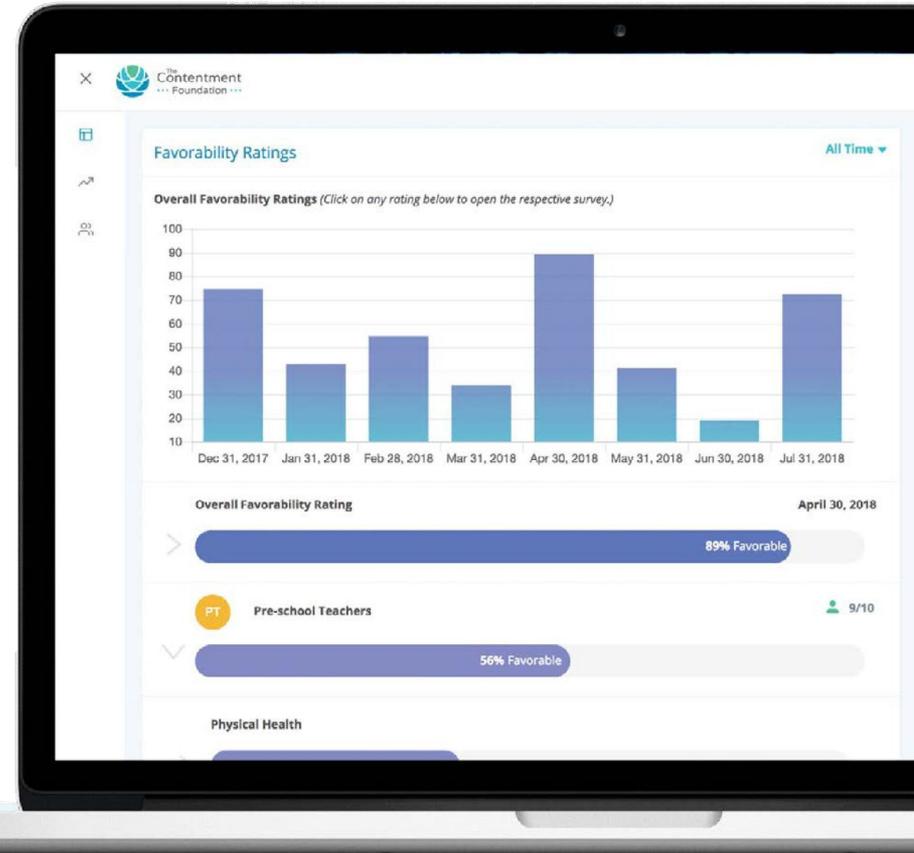


1. Once a school signs up, our team immediately supports the creation of your Wellbeing Team - the adults that are the most passionate about program success.
2. We work with the Wellbeing Team via live coaching to create a custom rollout strategy to best serve the needs of your school.
3. The strategy is then executed together, fully supported through live digital trainings conducted for all of your school's staff.
4. After the adults have a personal relationship to the practice, we unlock the student curriculum (Preschool through High School).
5. The school uses the Wellbeing Analytics System to track and measure school health, wellness, and safety in real-time.
6. Our team continues to support the rollout and maintenance of your program, year after year with global expert support.

Positive change begins with awareness.

Our data analytics system empowers school administrators and teachers to track wellbeing at individual, group and whole-school levels throughout the entire year.

It provides your school with the ability to systematically measure your bright and blind spots across 48 critical factors of wellbeing.



Burnout Buffer

Emotional Balance

Growth Mindset

Self-Curiosity

Self Compassion

Personal Growth

Focus & Flow

Team Quality

We have assembled a rich library of the most cutting edge positive psychology information designed and curated to extend the impact of the pillars of wellbeing lessons.

Each *Wikipedia* style article is written and curated by expert educators, curriculum developers, psychologists, neuroscientists, and philosophers from around the world.

The content in our library is anchored on foundational concepts of physical, emotional, and community wellness approaches.



World-Class Teacher Training

Our immersive training experience includes a comprehensive array of engaging content appropriate for a variety of learning styles.

We offer practices that foster both personal development for teachers, and effective engagement for students.

Each of the Four Pillars are delivered by experts in the fields of positive psychology, education, and philosophy.

The included practices are comprehensive and easy to use, and they quickly become important parts of everyday life for users.





Our aim is that your teachers are fully supported throughout the year as they adopt, practice and teach the curriculum.

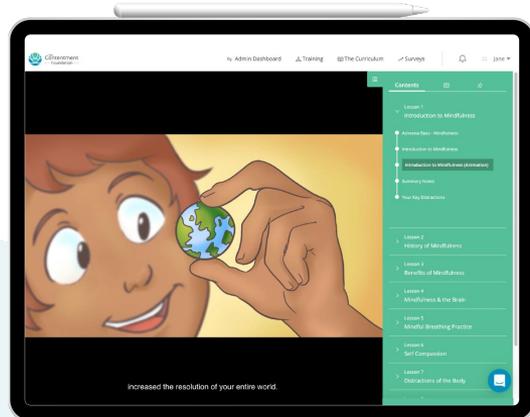
Each school is paired up with a dedicated Roll-Out Representative, who is available to answer any questions, at any time.

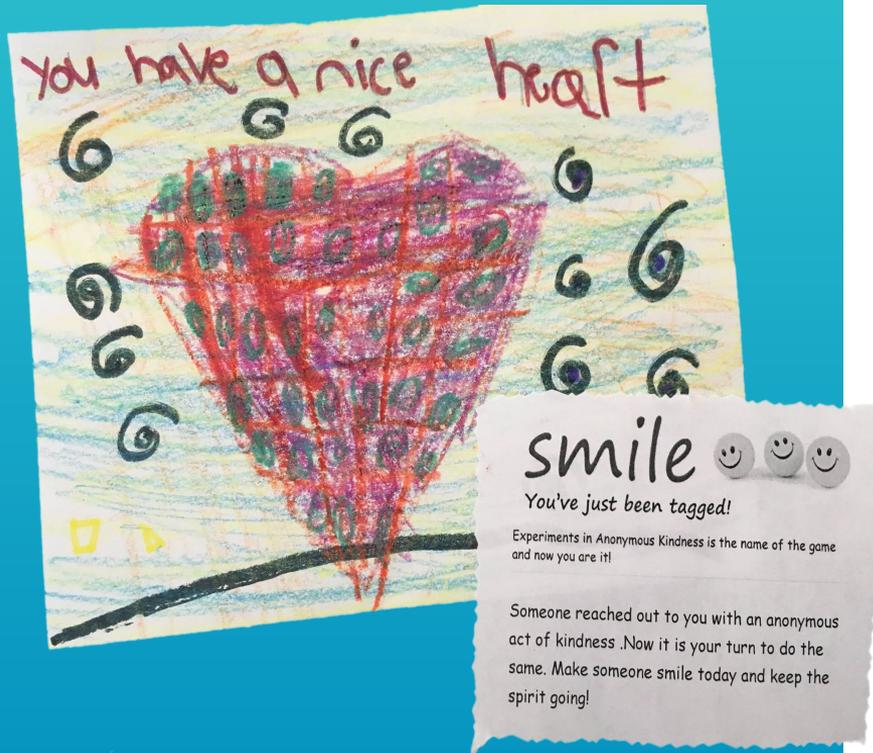
Our Roll-Out Reps are core Contentment Foundation team members who have authored and taught all of our lessons in a whole-school context for years.

They are here to help you navigate inevitable obstacles in adoption of new practices and organizational changes to your ecosystem.

An innovative program feature that:

- Brings the Four Pillars to life at home
- Offers vibrant learning environments
- Brings families closer together
- Pairs with classroom learning





Our tracking and measuring of performance at every school we work with provides us with valuable real-time data that clearly shows:

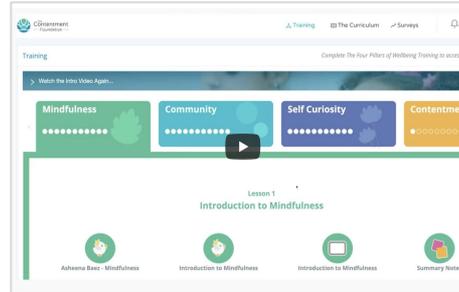
- Reductions in stress, anxiety, and behavior issues in students
- Increases in collaboration, teacher efficacy and job satisfaction in staff
- Increases in emotional intelligence, conflict resolution and positive mental health
- Families being brought closer together; greater connection and safety at home

And many, many more positive outcomes.



The Four Pillars of Wellbeing Introduction

WATCH NOW



The Four Pillars of Wellbeing Platform Overview

WATCH NOW



Contentment Families Wellbeing App

WATCH NOW



The
Contentment
... Foundation ...

www.contentment.org