



ANTHROPEdia FOUNDATION

Our name means educating (pedia) the human being (anthropos).

Anthropedia is a 501(c)3 non-profit organization formed in 2004 that educates people how to become and stay healthy, positive, inspired, productive, and resilient while facing the stress and challenges of the 21st century.

We promote sustainable mental health and well-being through **research**, **education**, and **community training programs** that benefit at-risk populations. Everything we do focuses on the whole person: body, soul, and thoughts.

1

RESEARCH AND DEVELOPMENT

In partnership with the **Center for Well-Being at Washington University**, and other experts from the **Anthropedia Institute**, we develop evidence-based approaches and educational resources to help people transform their thoughts, attitudes, and behaviors, and ultimately to help them adopt healthier lifestyles.

2

EDUCATION

We help people reach their personal best and live better. Experts in public health and well-being have spent years working to understand what it takes to achieve long-lasting well-being. Our job is to take that information, distill it down to its essentials, and teach it to you. We offer **extensive certification training programs**, **workshops**, **courses**, and **online resources** to disseminate this information to healthcare professionals such as counselors, social workers, and educators.

3

TRAINING PROGRAMS

We offer community organization training programs to nonprofits, schools, and health organizations such as **the Saint Patrick Center**, **Queen of Peace Center**, and **the Northwest R1 School District** to equip their staff and clients with our resources, thereby expanding our outreach in the communities they serve.



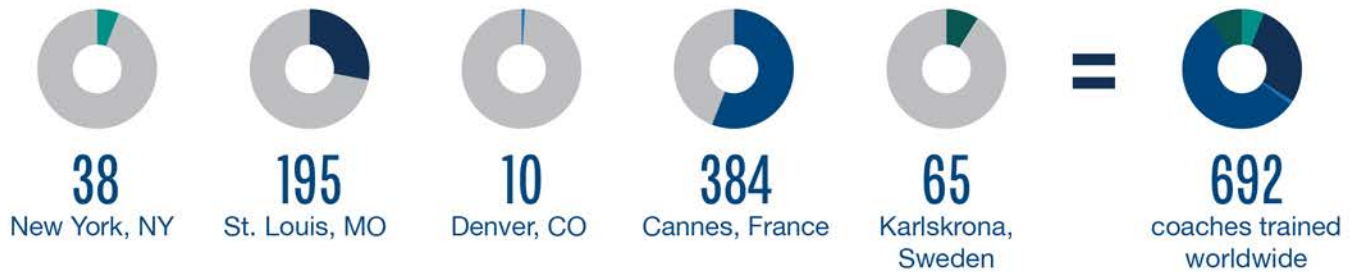
The Center for Well-Being
at Washington University School of Medicine



ANTHROPEdia BY THE NUMBERS

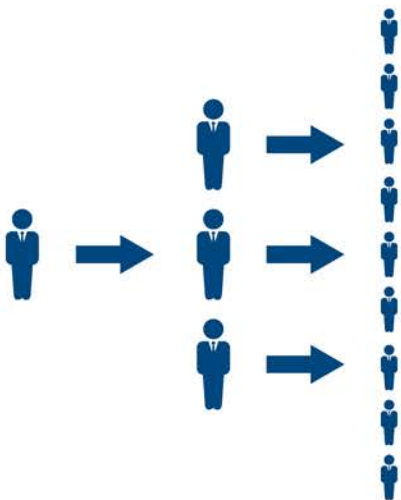
WELL-BEING COACH CERTIFICATION

Our **Well-Being Coach Certification Program** is a 265-hour course for professionals in the field of preventive health and well-being. Our trainees become experts in lifestyle transformation, stress management, and growth in self-awareness. Our graduates work in a variety of environments: community centers, clinics, hospitals, fitness centers, social work organizations, corporations, schools, and other health care venues. In 2017, AnthropeDia entered into a partnership with St. Louis University and will begin offering a professional certificate for students attending our Well-Being Coach Certification Program.



NORTHWEST COMMUNITY WELL-BEING INITIATIVE

In 2016, we created a wellness center in the Northwest R1 School District to help support parents, teachers, students, and the local community. This diverse and inclusive project empowers program participants with tools to increase mental health, resilience, self-directedness, and sustainable health and wellness. This program also promotes healthy behaviors and attitudes and strengthens community ties.



“By training professionals, we have greater impact in the communities we serve.”

–Kevin Cloninger, President AnthropeDia Foundation



OUR COACH PROGRAM IS SCIENTIFICALLY PROVEN TO IMPROVE CHARACTER

A recent study of 44 of our coach trainees yielded 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 character traits such as:



SELF-ACCEPTANCE

satisfaction and happiness with oneself



MORAL REASONING

logical reasoning of what one ought to do morally



EMPATHY

the ability to share and understand the feelings of others



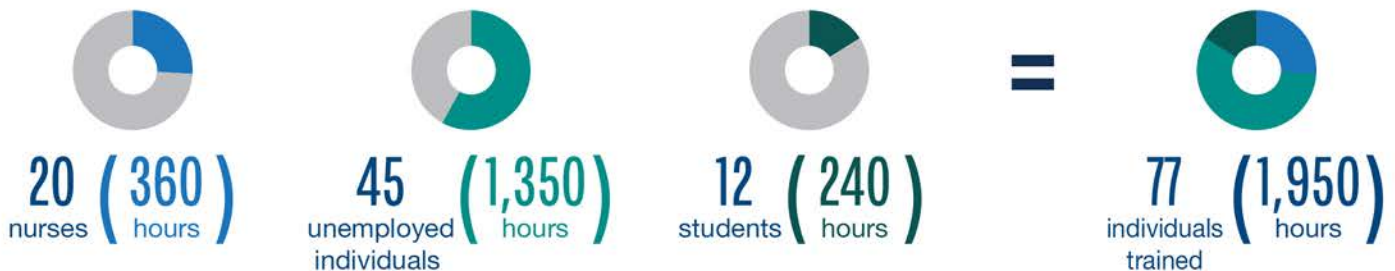
SELF-TRANSCENDENCE

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

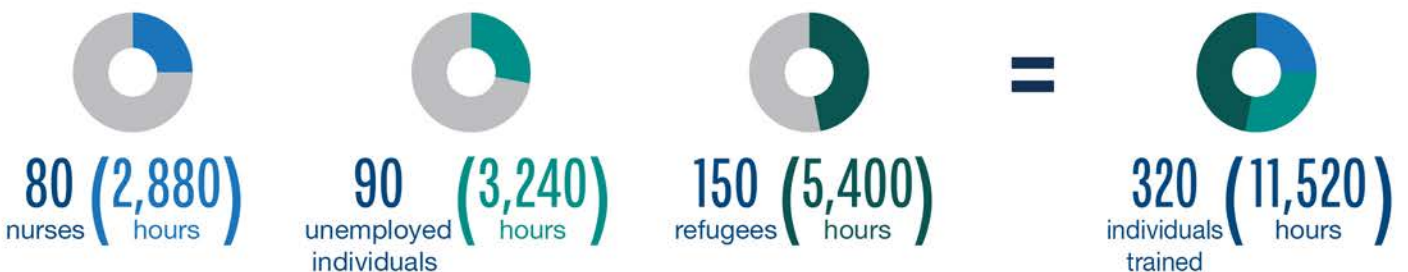
ANTHROPELIA HEADS NORTH TO SWEDEN

Starting in late 2016 we began a number of different programs in Sweden in collaboration with Blekinge Landstinget (or the County Council that funds health care in Sweden). Our goal, beyond serving the people in these communities, is to perform detailed studies of the impacts of our coaching methodology in a variety of populations.

In 2016-2017 ten of the Swedish Coaches have offered many hours of coaching to a variety of populations:



In 2018 we plan to increase our service in these communities and begin to work with refugee populations in Sweden. This year we are training 20 refugees, 10 of whom will work with other refugees in their native languages. We have translated the DVDs into Swedish and Arabic. In 2018, we will offer even more coaching hours:



We are studying personality development with the TCI, and looking at other subjective and objective measures of well-being (depression, anxiety, stress, resilience, positive and negative emotions, satisfaction with life, and harmony) with all of these clients. These studies are extremely important for the advancement of Anthropepia.

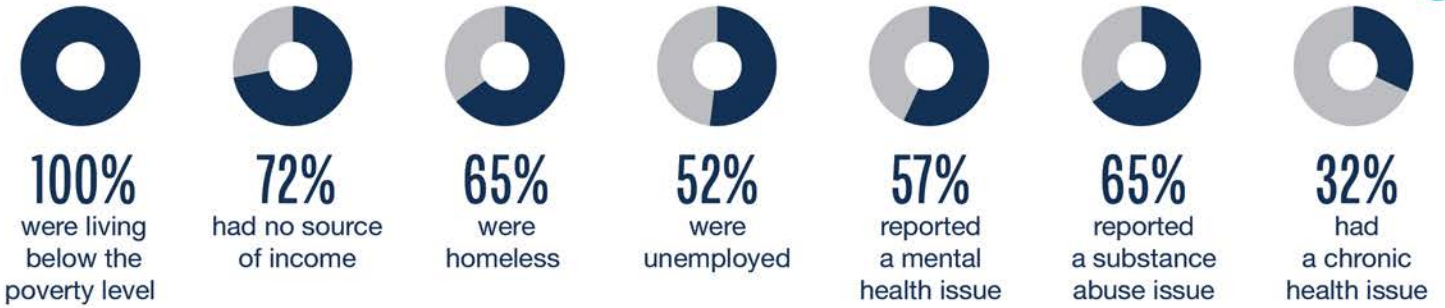




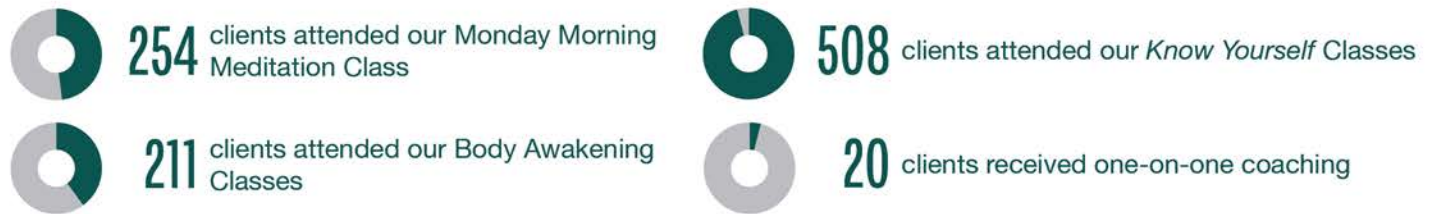
THE ST. PATRICK CENTER PROGRAM

We helped **528 clients** at St. Patrick Center in 2016.

About These Clients



These clients attended our Meditation, Body Awakening, and Coaching Classes **7983** times.



Saint Patrick Center Pilot Program of 1:1 Coaching (20 Participants)

All clients who received 1:1 coaching for more than 6 months increased in character development as measured by the TCI.

14% of the 528 clients at the Saint Patrick Center who participated in 15 or more **Anthropedia related activities** attained a Permanent Exit Destination as described by the Department of Housing and Urban Development (HUD) as compared to 5% of non-attendees.

43%
of clients participating in the **1:1 coaching pilot program** attained a Permanent Exit Destination as described by HUD as compared to 5% of non-attendees.

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