



WHAT WE ARE

We believe in a world where everyone has the tools to cultivate sustainable wellbeing from the inside out. We offer simple, powerful technique to help teachers, students, and adults meaningfully navigate their inner selves; ultimately rediscovering that they're already whole just as they are.

VISION

To live in a world where every adult and child has access to education, communities, and personal practices that cultivate indestructible wellbeing that's inside of them.

MISSION

Wellbeing for all.

MOTTO

Wellness within.

CONTACT US



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PROGRAM HIGHLIGHTS

- ✓ **A whole-school transformation**, rather than a short training course for a few teachers.
- ✓ **Four evidence-based approaches to wellbeing** that fit the diverse and changing needs of schools.
- ✓ Tested using a **scientific, evidence-based method & published in a peer-reviewed journal**.
- ✓ **A data analytics system** that empowers schools to track staff wellbeing over time.
- ✓ Curriculum is available across **six developmental levels**:
 - Pre-Nursery (1-2 years)
 - Pre-Kindergarten I (2-3 years)
 - Pre-Kindergarten II (4 years)
 - Kindergarten to 2nd grade (5-8 years)
 - 3rd-6th grade (9-12 years)
 - 7th-8th grade (13-14 years)
 - 9th-12th grade (15-18 years)
- ✓ **24/7 access** to the platform for the entire school throughout the year.
- ✓ Curriculum uses **adaptive learning and design** to cater to all types of schools and cultures.



“ Wellbeing inside and outside, for every child and teacher. ”



The Contentment
Foundation

OFFERINGS

Four Pillars of Wellbeing

We offer evidence-based early childhood and K-8 lesson plans designed to empower students with tools to meaningfully understand and process their life experiences. The pillars are anchored in the science and philosophy of living a flourishing life.

Wellbeing Assessment & Analytics

Positive change begins with awareness. Our data analytics system empowers school leaders and teachers to track staff wellbeing across the entire school each year.

Online Teacher Training

Give your staff the gift of continued wellbeing education. Our training platform includes a diverse array of engaging content for different styles of learning, all taught by global experts in psychology, education, and philosophy.

In-Person Training

In partnership with our international model school, Corbett Preparatory School of IDS in Tampa Florida, join us for a 3-day immersion into the Four Pillars. Learn directly from our curriculum authors and experience the Four Pillars in a real life classroom setting. All graduates receive a certification of program completion.

Wellbeing Library

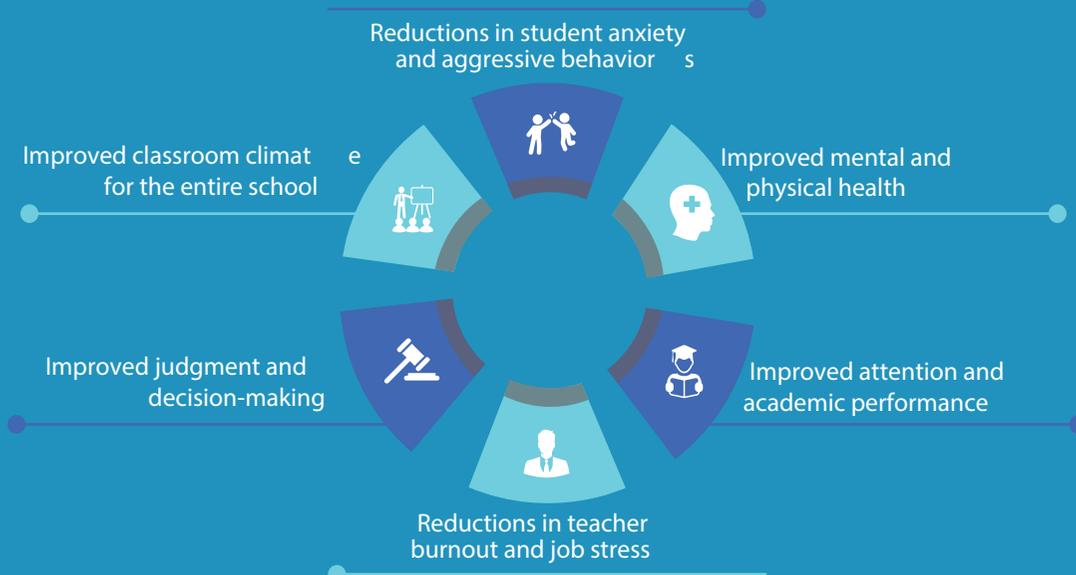
Get 24/7 access to the 48 most important wellbeing concepts for schools. Each detailed article is written and curated by our team of experts in emotional intelligence and wellbeing psychology.

Rollout Representatives

We want you to feel fully supported throughout your journey. Each school is paired with a dedicated Four Pillars teacher, who can be available to help you with any stage of the rollout process ecosystem.



KEY BENEFITS



FOUR PILLARS OF WELLBEING UP CLOSE

1. Mindfulness (15 Lessons)

A powerful practice that cultivates focused, non-judgmental attention to the present moment and helps develop self-awareness skills.

2. Community (10 Lessons)

Positive psychology practices for safe and healthy communities. Selfless service, compassion, forgiveness, and empathy cultivate strong value systems related to collective development and self-awareness.

3. Self-Curiosity (8 Lessons)

Empowers teachers and students to cultivate emotional intelligence, self-awareness, and self-understanding.

4. Contentment & Balance (10 Lessons)

We challenge our assumptions about “good” or “bad” emotions, and move toward a perspective where all emotions become an important part of the human experience.