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WHO WE ARE

Worldmaker partners with organizations and communities to help their people prepare for, adapt to and grow through the emotional and mental toll of dealing with adversities, such as overwhelming daily stressors, natural disasters and acts of violence.

Worldmaker is there to receive the calls for help from concerned and exhausted leaders, teachers, parents and caregivers, providing a light ahead.

Worldmaker is there to hold up grief-stricken communities after tragedies and loss of lives, supporting those impacted in ways that strengthen the responders and the people in their care.

Most importantly, Worldmaker is here with a bold vision for how we can proactively use research-based solutions to help more people prepare for and manage what is coming next.

We are grateful for your role in the Worldmaker community. Onward we go – together.
To celebrate 10 years of our work (which began in 2011 as a suicide response community resiliency project), we had planned to gather for a celebration hosted by Chubb International. A global pandemic had other plans.

We found new ways to celebrate stories of impact over the past decade. One of our favorites? Virtually uplifting the contributions of our four extraordinary Worldmaker Honorees.

Worldmaker is dedicated to using research, best practices and the power of story to build our human capacity to thrive. Honoring the deep roots planted through a decade of local, regional and national work, we step into our second decade looking forward to growing our impact as a global collaborative of resilience researchers and influencers.

We will research and develop new ways to meet core mental and psychosocial needs. We will expand the delivery of tools that equip people to cope with heal after adversity. We will lead an inclusive human resilience movement that welcomes and celebrates diversity.

We enthusiastically invite you to join us on this journey – participate, volunteer, engage your community, donate, and find other creative ways to shape a world where everyone is supported to thrive. Your voice and your actions are needed today to lighten the load for others in their time of need.

Our journey through the 21st Century undoubtedly will be full of challenges, loss, grief and uncertainty. It can also be full of hope, connection, joy and growth. Onward we go – together.

Dr. Mollie Marti, CEO
David Richmond, Board Chair
PROGRAMMING

YOUTH & FAMILY

Youth and Family THRIVE programs equip those who care for and teach our youth, whether personally or professionally, to support young people in building resilience while gaining skills to manage stress and grow their own wellness. Over the past decade, our evidence-informed THRIVE Resilience Model™ has been shown to substantially improve the understanding of resilience, the level of resilience skills and wellness outcomes in teachers, parents and caregivers.

Youth & Family Programs: Leadership THRIVE, Schools THRIVE, Educators THRIVE, Pandemic Parenting

MILITARY COMMUNITIES*

Military THRIVE programs help military communities tap their potential to strengthen relationships, build resilience skills, grow capacity to withstand stress and strategically prepare for transitions. Using our THRIVE Resilience Model™ framework, organizations gain practical tools to help leadership, wellness providers, active military, veterans and military families increase help-seeking, improve wellness, grow resilience and ultimately reduce loss by suicide.

Military Programs: Leadership THRIVE, Military THRIVE, Veterans THRIVE, Military Families THRIVE

CRISIS RESPONSE & PREPAREDNESS

2021 brought unique opportunities to develop new programming to help mitigate the mental health impacts of a global pandemic. We activated our network of trusted resilience experts to reach over 50,000 learners from 100+ countries with free digital programming, webinars, social media infographics & resources, ensuring that the most vulnerable could access this support.

Crisis Programs & Services: First Responders THRIVE, Educator Crisis Response, Pandemic Parenting, THRIVE Champions

9 out of 10 program participants reported gaining new tools to manage stress and increased knowledge in resilience building. (Educator THRIVE)

100% of parents said THRIVE training equipped them to manage their own stress and help their child. (Pandemic Parenting)

*Note: No endorsement of Worldmaker by the US Department of Defense, Department of State or US personnel is intended or implied.
GROWING IMPACT

47%

of all U.S. adults said that worry and stress were having a negative impact on their mental health

*Kaiser Foundation, March 2021

40%

of teens said they persistently felt sad or hopeless during the past year

*CDC Adolescent Behaviors and Experiences Survey

300,000+

households across US & globally via internet receive free evidence-based resilience education

100+ COUNTRIES

parents & other youth builders received THRIVE mental health & resilience resources

4.3x more

active duty personnel and veterans of the post 9/11 wars have died by suicide than have been killed in war operations

*Brown University Costs of War Research Series

100%

of participants said the Military THRIVE training helped them:
Engage in healthy emotion regulation
Communicate effectively during conflict
Improve personal wellness
A BRAVE WALK: FROM HEARTBREAK TO HEALING

In a series of tragedies, Matt Howe took his life, followed by the suicides of two of his brothers. Matt’s widow, Rachelle, made the brave decision to fuel her heartache into hope and help for others. She founded Mental Health Today (MHT) to destigmatize conversations about brain health, provide suicide prevention education and support wellbeing.

In 2021, MHT asked Worldmaker to provide a series of THRIVE events to the community where she and Matt grew up and raised their family. Rachelle and her team garnered support from foundations, business sponsors, individual donors and volunteers to kick off the series with a “What’s Your Word?” event that guided participants to clarify their values, set meaningful goals and begin building a toolkit to persevere through adversity.

“These THRIVE workshops allow MHT to bring people together, help them feel connected and get them some tools to deal with stress,” said Rachelle. “Now more than ever with COVID, we need to help people take care of their mental and emotional health.” With over 100 participants (ranging from age 7 to 87) benefitting from the first session, Rachelle’s loving tribute to her husband and service to her community is off to a strong start.
As part of our 10th anniversary, we honored four Worldmakers who are actively shaping a stronger, more connected and equitable world. Each award winner was featured on Resiliency Matters TV and our blog. We continue to partner with and uplift these Worldmakers and their powerful work.

**HOPE BUILDER**

**DR. EDITH EGER**

The Hope Builder award is presented to a leader who responded to great adversity with courage and hope, showing us how to transform our own heartbreak into a better world for others. We are elated to present trauma psychotherapist, Holocaust survivor and bestselling author Dr. Eger with this award.

**PROMISE LEADER**

**THEMBILE GOLA**

The Promise Leader award is presented to an influencer under the age of 30 dedicated to creating solutions for today’s interconnected and dynamic world, contributing to a narrative of human thriving. Thembile is an entrepreneur and a graduate student in Clinical Psychology who runs the mental health and resilience programmes for Consolidated Africa Services PVO in Zimbabwe.

**TRAILBLAZER**

**DYLAN TÊTE**

The Trailblazer award is presented to a Worldmaker partner for their innovation and outstanding service to the human resilience field, resulting in new pathways for many. Dylan Tête is an Iraq veteran and the founding executive director of Bastion Community of Resilience, a place of healing and wellness for veterans and their families in New Orleans, LA, USA.

**COMMUNITY WEAVER**

**DR. RENÉE BOYNTON–JARRETT**

Dr. Boynton–Jarrett was honored with the Community Weaver award. This award is presented to a community-based collaborator who is fostering social trust by celebrating diversity, promoting inclusion and cultivating a sense of mattering for all. Renée is a social epidemiologist, university professor and the founding director of the Vital Village Community Engagement Network in Boston, MA, USA.
2021 brought a growing number of urgent requests from communities in crisis before they could harness resources for recovery efforts. Worldmaker responded – and we put out our own call for help! Our new Trailblazer community gathered, making monthly donations to enable us to provide humanitarian assistance in critical times of need. A few stories of our collective impact:

**LOCAL: CRISIS RECOVERY**

Just as schools in Fairfield, Iowa were tending to the stark social, emotional and academic needs created by the pandemic, a high school student took his life by suicide. Soon after, two other students were charged with the murder of their teacher, a young alumni lost his life in a deadly game of Russian Roulette and local schools experienced multiple threats of mass violence. With ongoing criminal trials keeping raw wounds open, many were facing layers of trauma that no one should bear alone. Worldmaker responded to requests for help on a pro bono basis, providing virtual and onsite education to help community adults understand and respond to trauma, support healthy grieving, map community assets and guide strategic collaboration to navigate crisis response and recovery.

**REGIONAL: COMMUNITY MENTAL HEALTH**

Following Military THRIVE training for Joint Base Andrews (JBA) wellness officers, Worldmaker was called on to help understand and address pressing mental health needs being observed at JBA and at Joint Base Anacostia–Bolling (JBAB) through the pandemic. Our assessments indicated that crisis education was needed to help community members structure wellness plans, cope with stress, manage conflict and improve communication at work and home. To respond to these needs as quickly as possible, Worldmaker developed and delivered a series of virtual webinars open to all service personnel, families and providers on both installations.

**GLOBAL: VETERAN WELLBEING**

In 2020, our Board Chair and CEO were scheduled to provide learning sessions at the Invictus Games–The Hague in the Netherlands, serving veterans from more than 20 nations. When the pandemic hit, the Invictus team pivoted to virtually support their veterans and families in recovery, health and well-being. Worldmaker faculty volunteered to participate in these virtual lifelines and when able to travel again provided in-person leadership support in London. This work has been an inspiring testament to our ability to embrace the challenges presented by the pandemic and grow through them – together.
GRATITUDE FOR YOUR GENEROSITY

Even when the world felt uncertain, Worldmakers kept showing up -- and helped us launch our new **Trailblazer community** of monthly donors that provide crucial leadership and frameworks for communities in the dark days following crisis, tragedy and loss. We are incredibly grateful for your partnership and support!

### NOTABLE PARTNERS
- Allamakee County Community Foundation
- Cedar Rapids Community School District
- Joint Base Anacostia-Boling
- Joint Base Andrews
- McIntyre Foundation
- Mental Health & Disability Services, ECR
- Mental Health Today
- United Fire Group

### TRAILBLAZERS
Trailblazers are a passionate group of monthly givers committed to providing support after crisis to save lives and improve long-term outcomes. Working together, we can pay it forward to help others without delay when their needs are great and resources are scarce.

### FELLOWS
- Tomoko Kikuchi, Japan
RESILIENT LEADERS
FORGING THE PATH

Thank you to this extraordinary group of wise, experienced Worldmakers who dedicate themselves to living our mission, strengthening our organization and serving our world.

2021 BOARD OF DIRECTORS

David Richmond, CBE . . . . . . Military Advisor, Colonel, British Army (Ret’d), UK, Chair
Ivy Kusinga . . . . . . . . . . . . . . Senior Vice President, Chubb International, US, Vice Chair
Tessy Antony de Nassau . . . Consultant & Veteran, Luxembourg
Jeffrey Buchanan . . . . . . . . Lieutenant General, U.S. Army (Ret.), US
Kirk Ferguson . . . . . . . . . . . Special Forces ODA Team Sergeant (Ret.), US
Thembile Gola . . . . . . Promise Leader Recipient, Zimbabwe
Lola Olakunbi, MD . . . . . . . National Health Service, UK
Avi Saha, PhD . . . . . . . . . Founder & CEO, ZetaOpt, US
Fiona Sweny . . . . . . Healthcare Consultant, British Army Officer (Ret.), UK
Maya Tadmor–Anderman . Consultant & Israel Defense Force Veteran, US
Sean Taylor . . . . . . . . . Senior Director, Canaccord Genuity Wealth, British Army Officer (Ret.), UK
Giacomo Tormene . . . . Managing Director, Carma Labs, Italian Armed Forces Veteran, US
Bob VandePol, MSW . . . . Executive Director, EAP, Pine Rest, US
April Smith, JD . . . . . . . Managing Attorney, Texas Child Support, US, Past Chair
FINANCIAL SUMMARY

PROGRAM & OPERATING EXPENSES
- 70% Program Services
- 17% General & Administration
- 13% Advancement

REVENUE
- 67% Charitable & Government Grants
- 30% Program Revenue
- 10% Individual Donations
JOIN US AS WE CONTINUE ONWARD UNTIL EVERYONE HAS THE SUPPORT NEEDED TO COPE WITH ADVERSITY AND THRIVE.

The needs are great, but we are strong as we move onward – together. What’s one simple way you can help connect more individuals and communities with life-changing and life-saving resources and tools? **JOIN us as a Trailblazer!**

Trailblazers are members of our monthly donor community that help ensure that we are able to continue providing humanitarian assistance in critical times of need to essential helpers in communities like Fairfield, Joint Base Andrews, Invictus and many others!

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**IMPACT THAT ADDS UP**

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<th>$5</th>
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<td>No one should stand alone. Eight people giving just $5 each can cover a Resilience Helpline response, providing essential support that can help people on the worst day of their lives – and beyond.</td>
<td>Community leaders play a key role in crisis recovery. Giving $25 monthly this year could provide a Leadership THRIVE scholarship, providing proven practices to strengthen essential helpers.</td>
<td>Each community has unique strengths. Giving $50 monthly this year could provide a THRIVE Champions scholarship, offering a framework for collaborative recovery and growth after crisis.</td>
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"THERE IS A GIFT IN EVERYTHING, THERE IS HOPE IN HOPELESSNESS AND THERE IS LIGHT IN THE DARKNESS"

- Dr. Edith Eger, Holocaust Survivor, 2021 Worldmaker Hope Builder