



Seeds for
Human
Flourishing

IMPACT REPORT 2021

Amidst this past year's hybrid learning environment, we supported **45** Compassionate Leaders and **20** CLP Alumni with weekly in-person meetings for an entire school year! Through discussions on ethics and values, weekly meditation practice, and activities that strengthened human connections, these students cultivated their capacity to live with kindness and compassion.

In addition, through our Environmental Stewardship Retreats, compassionate leaders contributed **1,568** volunteer hours towards maintaining and clearing **19.5** miles of trail in the Frank Church, Sawtooth, and White Clouds Wilderness Areas.

“The Compassionate Leaders Program has given me so much hope for the world and so much hope to see such an incredible group of young people that week after week and year after year come together to try to better ourselves and the world around them.”

— **Noah Koski**, Compassionate Leaders Program Director

“Skills that I learned through being a part of the Compassionate leader's program and through Flourish taught me how to care about my body and mind, and through that to care for the world and other people. That influence has set the course for my goals and aspirations in life.”

— **Lex Shapiro**, Compassionate Leader 2011

“I know I want to continue learning about humanness for the rest of my life.”

— **Hennessey Star**, Compassionate Leader 2017





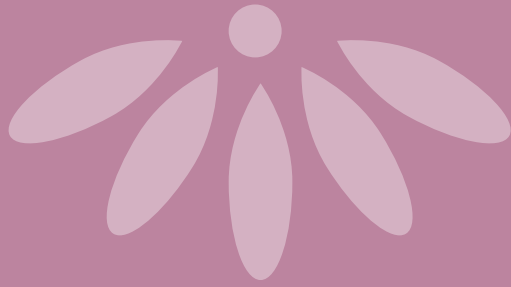
We provided **130 hours** of free adult enrichment classes on human values, yoga and meditation, and mindful birthing.

We served more than **2,000 participants** through our online library of guided meditations.

“I feel like this class really helped my partner and I connect in a time where we were having a hard time connecting because of the pending stress. It helped me be more present with him, and appreciate him as a human on his own unique journey in this moment of transition for both of us.”

— Mindful Birthing Participant





This past year we completed **our first 25-week Mindful Awareness Digital Course for students and families.** With this course people from all around the world now have access to Flourish programming through weekly videos, audio lessons, and exercises that can be done in daily life. The aim of this program is to support youth with the active cultivation of kindness, inner-resiliency, and focused attention.



“We were inspired to create this course because we were getting so many requests to bring this programming to areas outside of the Wood River Valley. This program teaches the same skills that we teach in our in-person programs and it does so through beautiful imagery, thoughtful audio, and reflective practices.”

— **Ryan Redman**, Executive Director

“I feel deeply grateful to be working with you and your team. When I was first editing this content I did not have the same sense of connection to myself as I do now. Fast forward to today and I find myself frequently recalling the tips and tricks shared in the lessons. Despite the intended audience being young adults and teens, I have found the experience comforting and inspiring for growth. I am very proud to be a part of this process and I believe it is very positive energy for the community at large.”

— **Taylor Lenane**, MAP Digital Course Editor.

In 2022, we hope to reach more people by...

- Nationally promoting our Mindful Awareness Digital Course to 10-13 year olds and their families.
- Supporting the expansion of the Mindful Awareness Program in St. George, Utah, and in Makanda, South Africa.
- Working with community leaders in South Africa and Morocco to understand and dismantle the seeds of institutional racism and xenophobia in the hearts and minds of Compassionate Leaders.
- Cultivating ecological awareness and community for middle school students in our Discovery program.
- Adding a new Environmental Stewardship retreat along the Napali Coast in Kaua'i focused on Lomi-Lomi, or self service, through trail restoration and community outreach.
- Launch a monthly podcast on living an examined life.
- Continue minimizing destructive emotions and cultivating human values with Flourish staff, Flourish board of directors, and adults in the Wood River Valley.



Our Financial Health 2020-2021

*Flourish fiscal year runs from 10/1 to 9/30

INCOME

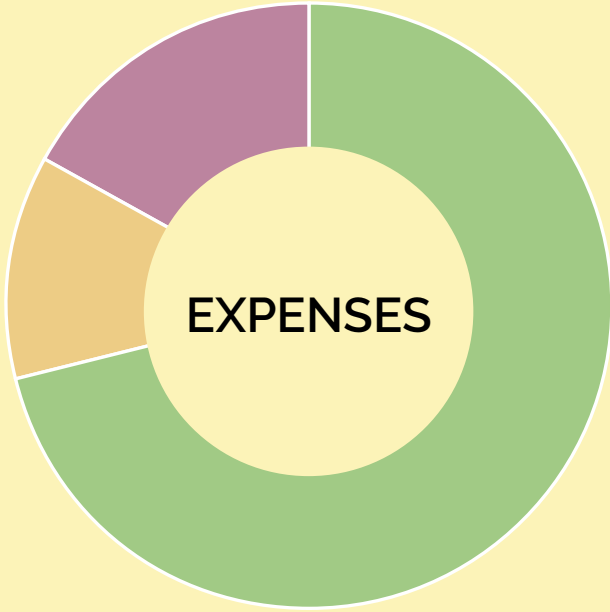
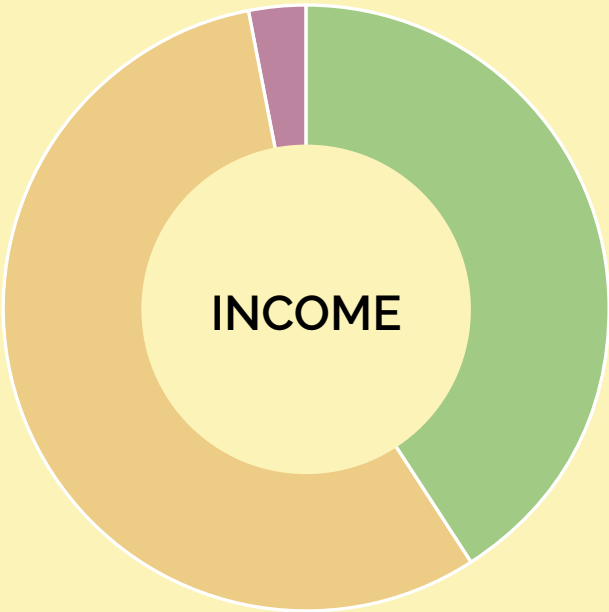
■ Foundation Grants	41%	179,574
■ Individual Contributions	56%	234,087
■ Miscellaneous	3%	13,644

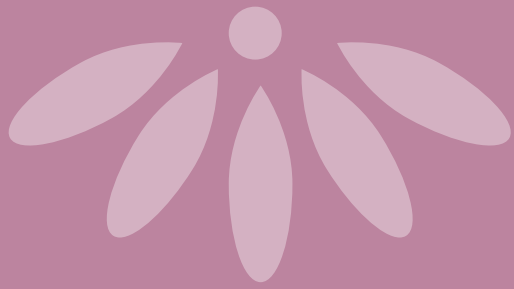
Total \$424,462

EXPENSES

■ Programming	72%	260,011
■ Administration	12%	42,797
■ Fundraising	17%	60,562

Total \$363,369





“The people that I’m able to interact with and the experiences that I share help make me into a better person. I think that if I’m able to grow a kinder, more open perspective, and if I can share that with my friends, then maybe I set an example for them to create for themselves a more open and kinder perspective toward other people.”

— Vanessa Martinez, CLP Alumni





PO Box 2429 • Ketchum, ID 83340

Join our online community

Instagram @flourishfoundation_

Facebook @FlourishFoundationID

Monthly Programming at 1030 Airport Way

Meditation/Yoga Wednesdays 12-1 pm

Monthly Meditation 1st Thursday of every month

Evening Expeditions on Human Values 3rd Thursday of every month

Guided Meditation in Ketchum at Gather Yoga Studio

1st and 3rd Wednesday of every month

Learn about all of our programs at flourishfoundation.org

Donate used outdoor gear to support the Environmental Stewardship Program