For two decades, the GGSC has turned the “science of a meaningful life” into research-based resources that support the well-being of millions around the world. In our 2022 annual report, we are proud to share the programs, insights, and stories that animate our vision.
About the GGSC

OUR MISSION
The Greater Good Science Center at UC Berkeley studies the psychology, sociology, and neuroscience of well-being, and teaches skills that foster a thriving, resilient, and compassionate society. Since 2001, we have been at the forefront of a new scientific movement to explore the roots of happy individuals, strong social bonds, and altruistic behavior—the “science of a meaningful life.”

CORE GOALS
To equip individuals with research-based skills that improve their social and emotional well-being.

To bring a trusted, inclusive voice to the cultural conversation about compassion, connection, and happiness.

To empower people to become agents of change in their own communities and organizations, improving institutions from the inside out.

Core Programs

GREATER GOOD MAGAZINE
Our award-winning online magazine is home to a rich array of media, including articles, videos, quizzes, and podcasts—all available for free. With over 10 million annual visitors, the research-based stories, tools, and tips on the site make cutting-edge research practical and accessible to the general public, including parents, educators, health professionals, business leaders, and policy makers.

SCIENCE OF HAPPINESS PODCAST
With more than 40 million downloads to date, The Science of Happiness is changing lives around the world. Listeners love the surprising, funny, and touching stories of guests who try research-based practices to bring more joy and goodness into their lives.

ONLINE COURSES
More than 1 million students from around the world have enrolled in our online classes, which empower people from all walks of life to improve their relationships and well-being. Our more recent courses support educators, working professionals, and leaders who want to build connections across differences in their communities. Results suggest that our flagship “Science of Happiness” course substantially boosts participants’ positive emotions and helps them deal with the stresses of life.

BRIDGING DIFFERENCES
Through storytelling and science, we are working to address the crises of cultural and political polarization. Our Bridging Differences resources highlight research-based skills and strategies that promote constructive dialogue, stronger relationships, and deeper understanding across divides. More than 8,200 people have enrolled in our Bridging Differences online course, reporting that it significantly increased their levels of intellectual humility, their openness to people with perspectives or backgrounds different from their own, and their feelings of connectedness to others. In 2022, we expanded our efforts to apply this work across sectors, including higher education and government.

PARENTS AND FAMILIES
Since our founding, we have supported parents with resources to nurture qualities like gratitude, forgiveness, and generosity in their children. Our parenting program offers parents free resources—articles, videos, step-by-step practices, and more—to nurture kids and help them treat others with compassion and respect. We also partner with organizations working directly with parents, helping them align their work with relevant research.

VIDEO SERIES
Greater Good videos bring the science of well-being to life. Our Science of Happiness, Greater Good Parents, and Ask Greater Good series deliver cutting-edge research in bite-size, smile-worthy clips that are easy to share with friends and family of all ages.

GREATER GOOD EDUCATION
Our education program helps teachers nurture their students’ emotional lives—as well as their own—and build prosocial classrooms. We offer articles, online courses, and our Greater Good in Education online platform to support a wide range of education professionals. Our partnerships with educational institutions across the nation are exploring how to help students bridge differences, build more inclusive classrooms, and develop the skills to be good citizens as well as happy humans.

HAPPINESS AT WORK
Through our writing, consulting, and training opportunities, the GGSC helps leaders apply “the science of a meaningful life” to their workplaces. Our “Science of Happiness at Work” three-course professional certificate series focuses on building engagement, teamwork, and purpose in organizations.

GREATER GOOD IN ACTION
GGIA is the field-leading digital hub of research-based practices to cultivate happiness, resilience, kindness, and connection. Each practice offers step-by-step instructions for building a positive skill or habit, based on science. These practices form the basis of our courses, podcasts, and more, and users can search for the right practice to fit their goals, time frame, and experience level.

On the Greater Good Science Center (clockwise from top left): Jessica De La Torre, Douglas Epps, Demond Hill Jr., Cathy Hu, Linda Kawamoto, Christina Li, Gisselle Medina, Sophie Regan, Tyrone Sambadi, and Ninupika Sharma.
2022 Highlights

“I’m a Happiness Journalist, and Omicron Is Crushing Me”
The GGSC offers its audience research-based strategies for happiness. But what do we do when happiness feels completely out of reach? In January 2022, Greater Good article, editor Jeremy Adam Smith described feeling overwhelmed by burnout and unhappiness as the COVID-19 pandemic approached its third year. His article, “I’m a Happiness Journalist, and Omicron Is Crushing Me,” proved to be one of the most popular and resonant Greater Good pieces of the year.

“In 50% of the episodes, I’ve appreciated the invitation to be ok with not being happy right now,” wrote one reader. “I have so much gratitude for your brutal honesty and candor— it’s just what I needed.”

Milestones for Our Podcasts
2022 was a banner year for The Science of Happiness podcast, which features stories of people who incorporate a research-based positive practice into their life. Our episodes on the science of sleep, intellectual humility, and unhappiness as the COVID-19 pandemic approached its third year. His article, “I’m a Happiness Journalist, and Omicron Is Crushing Me,” proved to be one of the most popular and resonant Greater Good pieces of the year.

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Bridging Differences on College Campuses
The climate on many campuses today is marred by conflict, distrust, and polarization, making it difficult for students, faculty, and staff to engage in civil discourse and explore complex issues together. To address this crisis, this year we hosted a new community of practice for leaders in higher education who wanted to apply the lessons from our “Bridging Differences” course more deeply to their work. 50 college campuses were represented—from large state schools to Christian colleges, small liberal arts schools, community colleges, and more—meeting monthly for eight months through May of 2022. All participants who completed a closing survey said that it “deepened [their] awareness and understanding of key research-based principles for bridging differences”; 95% of them agreed that it would help them “help other people engage in more constructive dialogue and understanding across group lines.”

New Training for Health Professionals
These are challenging, traumatic times for health professionals, with many still reeling from staff shortages, harassment, and chronic stress during the pandemic. That’s what inspired us to create “The Greater Good Training for Health Professionals,” offering science-based skills for emotional resilience and well-being.

Launched in June, the online training provides actionable, research-based practices that health professionals can implement—individually or in teams—to help them build their own resilience and better support and connect with their patients, clients, and colleagues. Co-led by GGSC Founding Faculty Director Dacher Keltner and Senior Fellow Eve Ekmian, the training represents pioneering work in the scientific study of resilience, purpose, and connection.

Supporting Educators with Courage
In 2022, K-12 educators reported the highest rates of burnout of any profession in the United States. So the GGSC’s Education Program stepped up its efforts to support teachers and other education professionals during this exceptionally challenging time. That included the expansion of our Greater Good in Education (GGIE) platform, which added new resources to support well-being of teachers and students alike, now serving well over 700,000 users. In July, Greater Good Education launched a new online course on courage, which offered science-based strategies to help educators sharpen their personal resolve and foster courageous conversations in their classrooms.

This year, we also expanded our multi-year partnership with the CaHOPE initiative, through which we are providing training and support to the Office of Education in every county in California—58 in total. Drawing on GGIE, we are giving county leaders science-based tools they can share with their districts to support social-emotional learning and build more inclusive, compassionate, and equitable classrooms.

Expanding Awareness of the Science of Intellectual Humility
As part of our three-year initiative on “intellectual humility”—defined, most simply, as “the degree to which people recognize that their beliefs might be wrong”—in 2022, we awarded grants to 19 journalists and media producers to support innovative nonfiction stories. The project, supported by the John Templeton Foundation, represents an innovative new way that the GGSC is bridging the worlds of science and media, seeding high-quality reporting on timely, cutting-edge research.

Mindful Self-Compassion Event
More than 450 people joined the GGSC for a virtual training in Mindful Self-Compassion, co-taught by Drs. Kristin Neff and Christopher Germer in November and December. The live, interactive event enabled participants to tune in from all over the world—from Argentina to Turkey to South Korea, as well as across the United States—and absorb Drs. Neff and Germer’s insights for how to stop being hard on themselves and handle difficult emotions with greater ease.

“I wanted to say how thankful we are for the work that you are doing, specifically in the area of mental health for healthcare workers. ... I am so excited to see the results of these evidence-based practices on the personal and collective well-being of our team.”

— Krissy Stuart, Childbirth Center at St. Joseph Medical Center, Bellingham, WA.
What’s Next in 2023

The Greater Good Toolkit for Kids
Building on the success of the Greater Good Toolkit—a beautifully designed set of 30 cards, each explaining a science-based practice for a meaningful life—we are excited to release the Greater Good Toolkit for Kids in 2023. Co-developed with the celebrated design firm Holstee, it will include 28 science-based parenting practices to nurture social-emotional well-being in children. The Toolkit for Kids will be an excellent resource for parents, parent educators, teachers, pediatricians, counselors, therapists, coaches, and youth group leaders in faith congregations.

Awe in the Classroom and Teaching with Hope
In 2023, we will offer greater levels of support for educators worldwide. In January, we will launch “Teaching with Hope, Awe in the Classroom and Teaching with Hope” monthly sessions, we will give participants ideas and best practices centered on care, compassion, and connection. In 2023, we will offer greater levels of support for educators worldwide. In January, we will launch “Teaching with Hope, Awe in the Classroom and Teaching with Hope” monthly sessions, we will give participants ideas and best practices centered on care, compassion, and connection.

Helping Youth Bridge Differences (cont’d)
Another branch of our Bridging Differences initiative will extend its work to children. In collaboration with the organizations Generation Citizen and Making Caring Common, we are developing research-based resources that aim to cultivate in young people the key capacities they need to bridge differences, pursue justice, and contribute to a vibrant, inclusive democracy. With input from youth, educators, and parents/caregivers, we have been developing a series of practical activities that we will distribute to schools and families in 2023—first to pilot with a limited audience, then revise and disseminate more widely. These free resources will offer educators and caregivers accessible ways to engage youth in conversations about why and how to support the well-being of people who seem different from themselves.

Greater Good By The Numbers
Figures for the fiscal year ending June 30, 2022

| INCOME | $4,037,172 |
| $1,302,937 | Individual visitors to the GGSC websites |
| $2,152,747 | Total website pageviews |
| $151,579 | Podcast downloads |
| $151,579 | Social media followers |
| $1,061,974 | Online course enrollees |
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GREATER GOOD SUPPORTERS

We are very grateful for our partnerships with the individuals and organizations listed below. We deeply thank our founding donors Ruth Ann and Thomas Hornaday, along with the following donors who have given at the $1,000 level or above since 2020, as well as all those who contribute to the mission of the GGSC at every level. (*Names with an asterisk indicate members of our Advisory Board.)

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As an independently funded center based at UC Berkeley, we rely entirely on our generous funders and members to help us study and share the science of a meaningful life. To learn more about how you can support our work, visit greatergood.berkeley.edu/donate

GGSC staff members at Pacific Grove, 2022—our first in-person retreat since the start of the pandemic.