

Dr Nigel Lester is a psychiatrist who was educated at the University of Bristol in England and trained in psychiatry at Saint Vincent's Hospital in New York City. He has worked both the United Kingdom and the United States. He has extensive experience in consultation and liaison psychiatry having been Director of the HIV Consultation and Liaison Program at Saint Vincent's Hospital New York, (where he was also Assistant Director of Training and Education) and Consultant Psychiatrist in Consultation and Liaison Psychiatry at University College Hospital London. More recently he became Associate Clinical Director of Community Mental Health Services and Community Outreach Services at the Camden and Islington Foundation Trust part of the National Health Service in London.

Dr Lester's primary interest is the science and clinical practice of well-being which he pursues through his work with the Anthropedia Foundation. The Anthropedia Foundation (Anthropedia.org.) is a non-profit organisation based in the United States, which educates on ways to become and stay healthy, positive, inspired, productive, and resilient, in the face of the stress and challenges of the 21st century. The Foundation has developed a well-being coaching program and is training coaches to help people develop lasting well-being in the face of these challenges. Dr Lester is Director of Outreach and Professional Development for the foundation and a member of the Anthropedia Institute.

The Anthropedia Institute, the scientific and educational advisory board of the foundation, is comprised of accomplished physicians, psychiatrists, neurologists, educators, psychologists, ecologists, and sociologists who focus on the investigation of well-being and health promotion strategies and research the efficacy of Anthropedia's resources. The Institute is led by one of America's most distinguished psychiatrists, Dr. C. Robert Cloninger, Professor of Psychiatry, Psychology, and Genetics, at Washington University School of Medicine in St. Louis. Dr. Cloninger has forged an integrative scientific model for understanding well-being that synthesizes thirty years of research and clinical experience, incorporating data from brain imaging, genetics of personality, and longitudinal biopsychosocial studies.

Anthropedia's investigators aim to understand and teach the mechanisms that underlie the healthy development of a person's body, thoughts, and psyche using various tools such as the Temperament and Character Inventory (TCI). The TCI is an internationally recognized personality test developed by Dr C Robert Cloninger, designed to identify the intensity of and relationships between seven basic personality dimensions of Temperament and Character, which interact to create the unique personality of an individual. It forms a key component of the "Know Yourself" coaching program at the Anthropedia Foundation. The insights derived from the TCI help us take a more comprehensive approach to measuring happiness and mapping out a path to well-being.