



FundWell

A Swift Summary of Wellbeing Stuff for Funders

Where do we begin? How is wellbeing regarded in the funding world? If we're hoping to progress, what's our baseline?

Today, one of our Fundwell Essentials is a summary of *your* thoughts. Earlier this year the Funders + Wellbeing Group hosted a series of open invitation Wellbeing Exchange calls, where any funder professionals could join us and tell us what they see, experience, and do. Funders from across the globe shared how wellbeing shows up, or doesn't, in their work and workplaces, in their relationships internally and externally, and what some are already doing to deliberately strengthen changemaker wellbeing. One particularly honest and poignant statement stuck with me. It simply and powerfully described what a lack of wellbeing feels like in philanthropy:

"It feels like we've adopted the culture of what we're trying to change."

My favourite statement from the summary is about what happens when funder actions **truly** enhance and lift wellbeing for nonprofit workforces and organisations—togetherness:

"We heard partnership between funders and nonprofits described as 'co-conspiring to bring about change', characterised as shared experiences of joy, excitement, learning, and co-design of how funder-nonprofit relationships and processes happen."

Check out the link to the full summary below. And if you missed the Exchange calls but still want to share your experience, you can do so through our Funders+Wellbeing survey [here](#).

Well wishes,
Jessamyn and the Funders + Wellbeing Team



Photo: Handwoven rugs for sale at the weekly Thursday market in Zaachila, Oaxaca, Mexico by [AlejandroLinaresGarcia](#)

Fundwell Essentials

- Looking for **training, resources, tools on wellbeing** for your colleagues, those you fund, or your board? Look no further! [Recipes for Wellbeing](#) has got you covered with a broad variety of... everything—specifically created for changemakers.
- Read Naghma Mulla's (CEO of EdelGive Fdn) [rallying call for India's funders](#) to invest in nonprofit organisational wellbeing. If you are looking for something to share with your board or management, this is a good entry point article.
- Check out **what your colleagues said about wellbeing** in the full summary of our [Wellbeing Exchange calls](#), held earlier this year. Trust me, it's an interesting, challenging, and inspiring read.

Talking Points: pick one and start a conversation!

- How do you define wellbeing for your own team? How do you define wellbeing for your organisation? How do you define wellbeing for those you fund?
- Do you agree with Naghma Mulla's [four steps](#) for funders? What would it take for your team to invest in each area in a truly transformational way for one of the organisations you fund?
- If you were to give a score for each '[layer](#)' of wellbeing across philanthropy (our people, our orgs, those we fund, regard of wellbeing by us as a field), what would they be?

Words on Wellbeing

Laura Calderón de la Barca [beautifully reflects on her personal and professional journey](#) with trauma, and on reconciling the conflict of her mixed heritage of Zapotec Indigenous and Spanish colonialist roots.

How does your funding organisation define wellbeing? Does it support wellbeing for its stakeholders? [Reflect and share here, in the Funders + Wellbeing Survey.](#)

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The Wellbeing Project, 8 rue de la Pierre-Levée, Paris 75011, France

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