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ANNUAL REPORT 2023
Grounded in enduring hope, The Wellbeing Project is catalysing a global movement that centres wellbeing at the heart of social impact.

Our work is guided by the core belief that the impact of any social or environmental change movement depends inherently on the wellbeing of the individuals and organisations within those movements. At a time of extraordinary change, The Wellbeing Project inspires those individuals and organisations to offer bold solutions to meet cascading, interconnected crises.
In 2023, The Wellbeing Project experienced a remarkable year, with our renewed strategy producing tangible results.

A significant development was the proactive engagement of our network members, who, inspired by our Global Summit in Bilbao in 2022, took the lead in organising five Regional Wellbeing Summits across the US, Latin America, Europe and Africa!

These gatherings not only demonstrated the worldwide impact of our approach but also represented a crucial step towards regionally-led and culturally relevant Wellbeing Project initiatives on a global scale. These Summits are examples of fostering local leadership and support ecosystems for inner wellbeing in the realm of social impact.

Moreover, in 2023 our exploration of inner wellbeing focused on more structural frameworks, addressing issues such as intergenerational trauma and ecological belonging. This focus reflects our collective commitment to understanding and influencing the foundational aspects of individual and collective wellbeing.

The evidence of our impact is clear in the ripple effects observed throughout our network. Our network members' initiatives are creating a cascade of positive change, reaching millions of changemakers worldwide. This shift in capacity among our global network members reinforces our shared mission to extend the transformative power of wellbeing to communities around the globe.
A Global & Growing Network

From the inside out, we are truly a global network. Our diverse team works to support our growing network of changemakers across the globe who are, in turn, launching their own wellbeing initiatives.

A Total Of
39 Team Members In
14 Countries
Brazil, Canada, Colombia, El Salvador, France, India, Mexico, Portugal, South Africa, Spain, Turkey, US, Venezuela

429 Network Members

5 Regional Wellbeing Summits
THE WELLBEING SUMMIT
OMEGA INSTITUTE HARLEM WELLNESS CENTER
THE WELLBEING SUMMIT
BOGOTÁ
THE WELLBEING SUMMIT
SÃO PAULO
THE WELLBEING SUMMIT
BRUSSELS
THE WELLBEING SUMMIT
DAKAR-THIÈS

2 Regional Wellbeing Initiatives

India
Latin America & The Caribbean

* Middle East & Northern Africa
Our Theory Of Change

We work across these levels, recognizing their inherent interconnectedness. Our Global and Regional Wellbeing Summits for Social Change serve as platforms to advance this interconnection, delving into subjects like intergenerational trauma, wellbeing economies, ecological belonging, and beyond.

1 Individual Wellbeing
Social change leaders’ transformative inner work experiences foster self-awareness, healthier work relationships, and improved connections with others.

2 Organizational Wellbeing
Leaders, transformed by personal work, advocate for inner and organisational wellbeing in their institutions and leverage influential platforms to champion a wellbeing focus in their networks and beyond.

3 Sector Wellbeing
Leaders and organisations embracing inner wellbeing shift from a hero/heroine narrative to a community one. This transition leads to a more collaborative approach fostering innovation, fruitful partnerships, and essential sector-wide bridges.

4 Societal & Planetary Wellbeing
The positive impact ripples through society and the planet as individuals, organisations, and entire sectors embrace a wellbeing-centric approach.
Our Collective Work In 2023

**STRENGTHEN**
The Case

We are building the **overall evidence base** and the content that connects inner wellbeing to systems change

**BUILD & STEWARD**
The Network

We are adopting **network-oriented thinking and approaches** to enable our members to deepen their capacity to catalyze wellbeing initiatives including the Regional Wellbeing Summits

**ACCELERATE**
Network Initiatives

We are providing responsive resources and investing in locally-led and culturally relevant wellbeing initiatives in the sector

**STORYTELLING**

We focus on **educating** the social change community to embrace wellbeing as a fundamental **part of their work**

**WELLBEING SUMMIT MOVEMENT**

A series of **regional gatherings** building momentum to the **Global edition** in 2025
Our Work In Numbers

3 Reports strengthening credibility between Inner Wellbeing and impactful Social Change

- Teacher Wellbeing - Phase 2
- LATAM Social Entrepreneurs and Burnout
- Intergenerational Trauma Executive Summary

7 Networks of Peer Changemakers connecting, learning and implementing Wellbeing Initiatives

1. Funders + Wellbeing Group
2. Higher Education Network
3. Ecosystem Network
4. Teacher Wellbeing Group
5. Defenders Wellbeing Collective
6. Learning Partner Group
7. Corporate & Academia Group

5 Continents making wellbeing initiatives accessible to diverse changemakers

Regional Wellbeing Summits in the US, Colombia, Brazil, Senegal, and Belgium

Regional Wellbeing Hubs in India and Latin America & The Caribbean

2 Initiatives launched to deepen understanding of Inner Wellbeing

Intergenerational Trauma

Ecological Belonging

2 Cohorts of Social Change Leaders and their organizations integrate inner wellbeing into their work through 18-36 month programs

Inner Development Program (IDP) Cohort 6 - 26 Changemakers from 10 Countries

Organisational Exploratory Program (OEP) Cohort - 9 Social Change organisations working in 19 Countries
Our Work In Numbers

3 Efforts to shift the narrative around inner wellbeing in the social change sector

- Intergenerational Trauma Webinar Series
- Member Spotlights

2 Initiatives weaving Art into inner wellbeing and social change

- At 5 Regional Wellbeing Summits
- Art X Wellbeing

7 Initiatives to support our own wellbeing in the team!

- Launched Organisational Key Results process including commitment to diversity and sustainability.
- Digital security training and overhaul
- Employee Satisfaction survey
- Leadership Team Retreats throughout the year
- All team retreat in March 2023
- 9 New team members

3 In-person network gatherings to foster connection and catalyze action

- Regional Wellbeing Summits Organizer gathering in Madrid - February 2023
- Higher Education Network gathering in Switzerland - July 2023
- Funders + Wellbeing Group gathering in Brussels - November 2023
Our Collective Reach

429 Organizations in our Global Network

We are a network of diverse types of organizations working towards greater wellbeing in the social change sector.

We are addressing ALL changemakers working on diverse social and environmental agendas.

* Justice, Equity, Diversity, Inclusion
Our Collective Impact

Our impact is created with a growing coalition of over 400 leading global and regional organisations. As they implement wellbeing initiatives, the positive impact ripples across the sector, society and the planet.

Collectively, we have embraced wellbeing and are providing new programming to our constituencies which reaches millions of changemakers around the world.
The Journey Ahead

Broadening, strengthening and activating our global network

Regional Wellbeing Summits

Additional RWS will be taking place in regions across the globe.

Launching Two Reports

- Organizational Wellbeing along with accessible toolkits
- Releasing part 2 of our Intergenerational Trauma work

Launching Regional Wellbeing Hubs

In Africa and Asia with our network members.

Deepening knowledge and practices around inner wellbeing for social change

Launch of our Ecological Belonging work in partnership with Georgetown University

Ecological Belonging, Intergenerational Trauma and Art are woven into all of our work, especially in the Regional and Global Wellbeing Summits

Curated webinars on the intersection of inner wellbeing and social change
We are grateful and thrilled to undertake this meaningful work and collaboration with co-creators, partners and funders from around the world.