



Locally Rooted, Universally Human

2024 Annual Report



The
Wellbeing
Project

Annual Report

2024



The
Wellbeing
Project

Table of Contents

1

Wellbeing Inspires
Welldoing

2

Co-Creation

3

2024
At A Glance

4

2024 In
Numbers

5

Locally Rooted,
Universally Human

6

Theory Of
Change

7

Our Collective
Work

8

A Global
Movement

Table of Contents

9

Our Impact:
In Their Words

10

The Best Of
2024

11

Influencing the
Field

12 Our Collective
Impact

13

The Journey
Ahead

14

Thank You



Wellbeing Inspires Welldoing

Grounded in enduring hope, The Wellbeing Project is catalyzing a global movement that centers 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 organizations within those movements. At a time of extraordinary change, The Wellbeing Project inspires those individuals and organizations to offer bold solutions to meet cascading, interconnected crises.



Co - Creation

From the very outset, in 2014, The Wellbeing Project was conceived of as a co-creation.

In **driving cultural and systemic change** we collectively saw that this needed the effort, insight and input of different groups all being woven together into a larger whole.

The Wellbeing Project has grown to be co-created with **over 50 institutions** around the world. This includes leading nonprofits, intermediaries, foundations, universities, media groups, venture capital firms, museums, art institutions and more.



Our Anchor Co - Creators



GEORGETOWN
UNIVERSITY



2024 At A Glance

1 Over the past year, The Wellbeing Project has experienced inspiring growth and momentum, as our network evolves into a movement that is both locally rooted and universally human.

Across the world, our network members have **mobilized on local and regional levels**, accelerating the reach of wellbeing initiatives, especially in the Global South.



2 In partnership with Georgetown University, we've deepened our collective understanding of inner wellbeing through initiatives examining the role of intergenerational trauma and ecological belonging in the social change sector.

This work is driving meaningful insights and resources that empower changemakers to approach social impact from a foundation of personal and community wellbeing.



2024 At A Glance



3 This year, we made significant strides in preparing for our next global gathering, the Global Hearth Summit.

Scheduled for June 2025, this reimagined summit embodies the essence of a “hearth”—a symbol of warmth, unity, and shared purpose across diverse communities. Like the central hearth in any home or gathering space, the Hearth Summit will serve as a place where changemakers from around the world come together to nurture and sustain one another, with a shared commitment to wellbeing at the core of social impact.

4 In parallel, we strengthened our own organizational resilience, expanding our capacity to support this work with even greater sustainability and effectiveness.

With these advances, The Wellbeing Project is better positioned than ever to foster a movement rooted in resilience, connection, and actionable hope, supporting changemakers as they lead impactful, wellbeing-centered initiatives worldwide.



2024 In Numbers

This year has been about broadening and deepening our work to make wellbeing an integral, accessible, and normalized part of the social change sector.

Through this approach, we engaged thousands of changemakers worldwide—holding regional summits that fostered connection, learning, and collective resilience. At the same time, we delved into the root causes of unwellness, burnout, and other systemic barriers that hinder sustainable impact in the sector. These numbers reflect the reach and depth of our impact as we continue to build a culture where wellbeing is essential to enduring social change.



Broadening our work: Our Regional Efforts

50%

Of our budget dedicated to regional and local initiatives, reflecting our commitment to grassroots impact.

337

Speakers, 113 artists, and 93 performances contributed to the regional summits in 2024, enriching the experience with diverse perspectives.

10

Regional Hearth Summits hosted in 2024, up from 5 in 2023, including repeat gatherings and a growing interest in future summits.

10K

Participants expected to have transformative experiences at a Regional Hearth Summit by June 2025

72

Organizers from 17 countries have co-led these transformative regional summits, fostering local and global collaboration.

4+

Regional Hubs established in Latin America, Africa, Southeast Asia (Bangladesh), and East Asia (Malaysia) to deepen community connections and impact.

2024 In Numbers

Deepening our understanding of wellbeing: Ecological Belonging and Intergenerational Trauma

8 Ecological Belonging tracks were launched

4

Universities participated in our Ecological Belonging Fellowship, with 50 students engaged in exploration of ecological identity and place.

30

Participants from 16 countries engaged in a Public Policy cohort to integrate intergenerational dialogue into civic education.

8

Ritual Alchemists selected to creatively express Ecological Belonging across 10 cities globally.

54

Interviews conducted with community leaders on local Ecological Belonging topics, capturing insights and strategies for broader impact.

16

Global cities hosted Ecological Belonging Dinners, strengthening local and global bonds.

1

Webinar series On Trauma & Systems Change in collaboration with Collective Change Lab

2024 In Numbers

Mainstreaming the wellbeing narrative, through Storytelling



1 Philanthropy x Wellbeing Hub launched to shift philanthropic practices toward a wellbeing-centered approach



1 Podcast launched - At The Heart Of It, a series meeting the changemakers whose on inner wellbeing inspires their welldoing.



1 High-Profile Interview with Melinda Gates and Rohini Nilekani, advancing dialogue on wellbeing in social change.



1 Intergenerational Trauma Executive Summary published, linking Inner Wellbeing and impactful social change, building evidence and credibility in the sector.

Locally Rooted, Universally Human

This year, The Wellbeing Project has embraced the theme "Locally Rooted, Universally Human," reflecting our commitment to nurturing wellbeing within diverse communities while fostering a global movement.

Our team's collective efforts have inspired meaningful change, uniting changemakers around shared values. In this spirit, we invite you to explore a selection of quotes from our team that delve into the profound significance of this theme in our work and the impact it creates worldwide.



"Across Africa and Asia, we're witnessing the inspiring regionalization of philanthropic efforts as local funders step up to invest in changemaker wellbeing, championing local leadership and strengthening ecosystems. This South-to-South support model not only builds resilience by addressing region-specific needs but also sets a powerful example of how communities in the Global South can drive transformative, sustainable change from within."

Dana Preston

Development & Partnership Lead

"Our work in the Inner Development Program (IDP) fosters a deep inquiry into what makes us human. In working on themes of identity, belonging, and the healing of emotional wounds, we recognize our universal human need to be seen and heard.

The IDP program places change makers in nurturing global environments, held by folks in those localities, where we encourage the excavation of these themes in a safe environment. As a result, our cohort members cultivate self-care, joy, and more connection to the people and experiences that ground them in their humanity."

Eric Mulholland

Dean of the Inner Development Program (IDP)





"In 2024, we brought the theme "Locally rooted, Universally human" to life through ten summits that connected deeply with local contexts while embracing universal themes of wellbeing. By collaborating with diverse partners around the globe, we engaged artists, speakers and audiences to create workshops and plenaries that reflected each region's unique culture, knowledge, traditions and ways of embodying wellbeing.

At the summits, we explored the key themes of Ecological Belonging and Intergenerational trauma to how these are lived in the regions and unique contexts. As we move into 2025, we remain committed to strengthening partnerships and expanding our impact for this wellbeing movement."

Alejandra Garza
Networks Advancement Manager

"Ecological Belonging is a collaborative movement focused on renewing humanity's deep relationship with each other and the natural world, guided by the question, "How do we live?" Amidst the backdrop of polycrises, disconnection, loneliness, and fragmentation, there is a deep longing to heal and reconnect.

The program invites individuals and communities to reconnect with ways of living that foster ecological awareness and collective wellbeing through storytelling, rituals, and practices that have long been the "invisible architecture" of communities.

These practices gave us meaning, focused attention, connected communities and deepened our respect and relationship with life. In doing so, we envision a movement that builds and embraces a new narrative around belonging that is locally rooted and universally human."

Shawn Westcott
Special Initiatives and Projects Lead



Our Theory Of Change

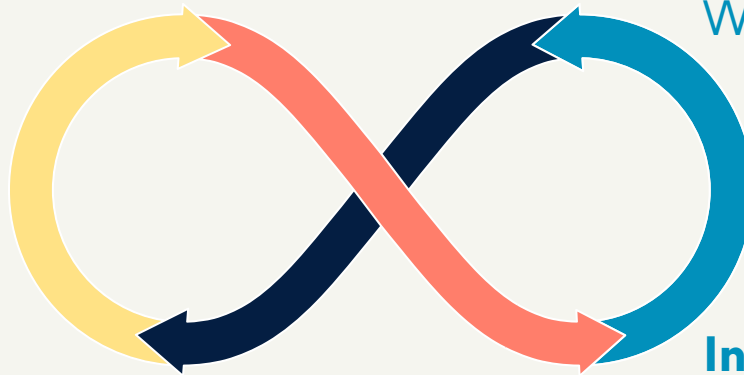
We work across **interconnected levels**, exploring themes like intergenerational trauma and ecological belonging, while expanding our impact through a locally rooted, globally connected changemaker network.

Societal & Planetary Wellbeing

Organizational Wellbeing

Sector Wellbeing

Individual Wellbeing



1

Individual Wellbeing

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

3

Sector Wellbeing

Leaders and organizations 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.

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.

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 2024



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 Hearth 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**

Hearth Summit Movement

A series of **regional gatherings** building momentum to the **Global edition** in 2025



A Global Movement: Mapping Our Reach

Our mission to normalize and create access to wellbeing within the social change sector knows no borders.

These maps highlight our **global initiatives**, illustrating the diverse communities where we collaborate with changemakers to cultivate **local wellbeing movements**. Each color represents a commitment to resilience, connection, and hope, reinforcing that prioritizing wellbeing paves the way for transformative change.



Regional Hubs

Latin America

OEP Cohort Members

Brazil, U.S., Peru & Canada

Regional Summits

Mexico, Brazil & Colombia

IDP Cohort 6 Members

Mexico, Costa Rica, U.S., Haiti, & Brazil

Ecological Belonging Fellowship

Hawaii, Washington D.C. & São Paulo

A Global Movement: Mapping Our Reach

Our work across Europe, Africa, Asia & Oceania

Ecological Belonging Fellowship

Slovenia & Qatar

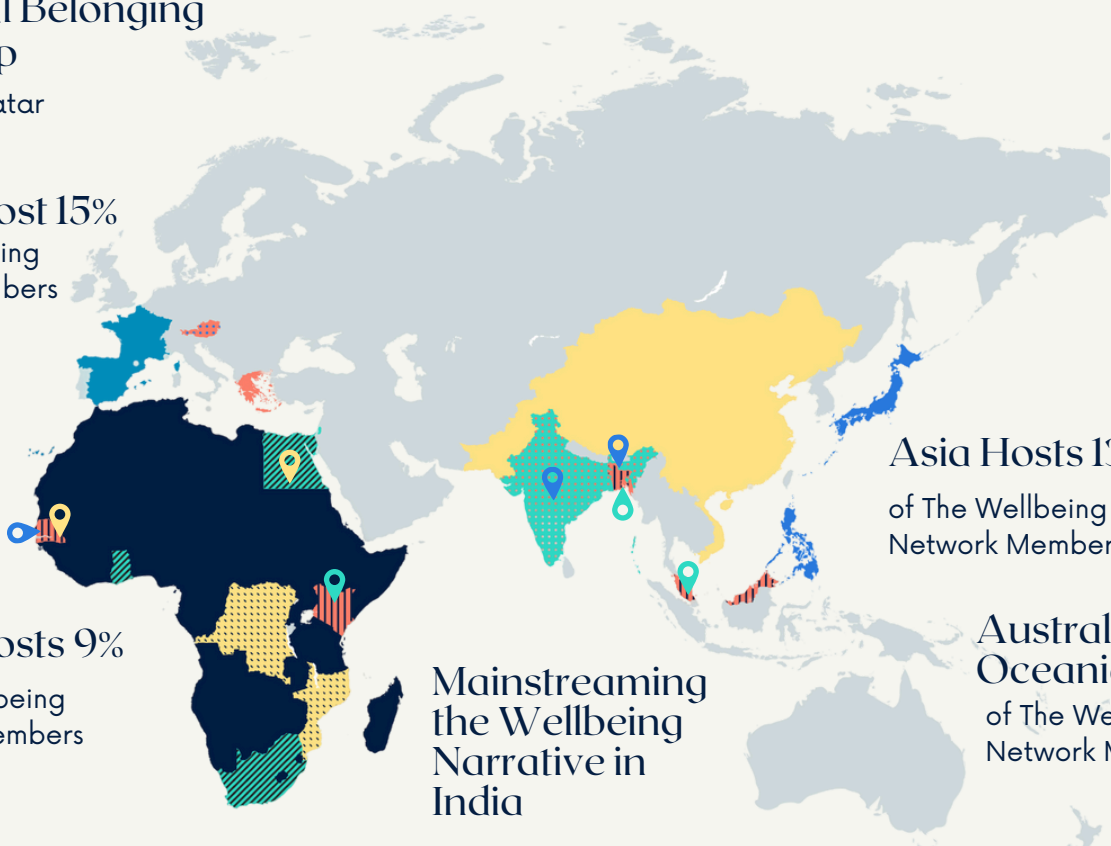
Europe Host 15%
of The Wellbeing
Network Members

Africa Hosts 9%
of The Wellbeing
Network Members

Mainstreaming
the Wellbeing
Narrative in
India

Asia Hosts 13%
of The Wellbeing
Network Members

Australia &
Oceania Host 1%
of The Wellbeing
Network Members



Regional Hubs

Africa Hub, Southeast
Asia Hub (Bangladesh),
East Asia Hub
(Malaysia)

OEP Cohort Members

Egypt, Democratic
Republic of Congo,
Malawi, Mozambique,
Pakistan, China,
Vietnam, Mongolia
& Senegal

Regional Summits

Dhaka, Nairobi, Thiès-
Senegal, Athens,
Bangalore, Austria &
Malaysia

IDP Cohort 6 Members

South Africa, Singapore,
Kenya, Ghana,
Bangladesh, India,
Egypt & Palestine

The Wellbeing Project Headquarters

Paris & Madrid

Ritual Alchemists

Senegal, India, Austria,
Philippines, Japan &
Bangladesh

Our Impact In Their Words

We celebrate the voices of our community members, whose quotes embody our theme of “locally rooted, universally human.”

Each **testimonial** highlights the power of our co-creation efforts, illustrating how our collaborative work fosters wellbeing and drives meaningful impact. These stories reflect the resilience of changemakers and showcase our shared commitment to **addressing local needs while connecting to universal human experiences**, ultimately building a healthier and more equitable world together.



Funders & Wellbeing Group Member, USA

"The Funder + Wellbeing Group has encouraged me to maneuver my organization to urge our leadership team to commit to a budget line for wellbeing. There was push and pull. The Group inspired me to double down, and speak up."

Inner Development Program Participant, Cape Town, SA

"I know that I have a circle of support here. This community holds me."

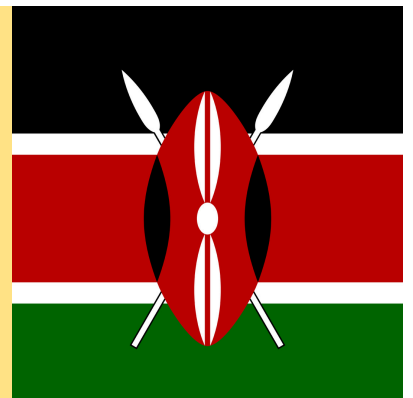


Inner Development Program Participant, California, USA

"Wellbeing is becoming a more central part of my life. I am making time to slow down and be grateful for who I am and what I have."

Regional Hearth Summit Nairobi Organizer

"I am excited about the opportunity to learn about the exciting initiatives being deployed worldwide to grow wellbeing in social change. Together with the team back home, we hope the regional Hearth Summit we are organizing will be a beacon of inspiration and catalytic change in the region."



Our Impact In Their Words



Hearth Summit Thiès-Senegal Organizer

"I am a dreamer, a service-driven spirit, and a lover. Last year in late October we welcomed the first regional summit on wellbeing and it was truly a transformative experience. We responded to the call to action at the end of the summit by committing to organising another summit that would be youth-focused. We are thrilled!"

Listen to RHS Participants from Europe and Africa

Hear firsthand stories from those involved in the European and African RHS programs and discover the real-world impact of these initiatives.



Ecological Belonging Student Fellow at Ljubljana University

"Being a part of the Initiative has taught me a lot about awareness not just about myself, but the people and nature around us. And how healing can be to just be surrounded by nature - and to now, at which point I am trying to incorporate more of this feeling in my everyday life."

Ecological Belonging Student Fellow at University of Hawaii Manoa

"Hearing from the students about what they are gaining is a valuable moment of reflection that has made me pause to appreciate the indigenous and ancestral ties to diverse knowledge systems present within our communities of practice."



The Best Of 2024

During 2024 we enhanced TWP's website to be a clearing house of free and accessible resources on diverse topics at the intersection of wellbeing and changemaking, as defined by our local partners in their Regional Hearth Summits



Arts & Regional
Hearth Summits



Intergenerational
Trauma



Ecological
Belonging



Wellbeing
Sciences



Business For
Good



Wellbeing
Practices

The Best Of 2024



The launch of the **Global Hearth Summit** unveiled an inspiring gathering of over **1,200 leaders from 80+ countries**, set to take place in Ljubljana, Slovenia in 2025.

This transformative event promises four days of connection, wellbeing, and bold action to shape the future of social change.



Cultivating Hope

Supporting Changemaker Wellbeing is a conversation series hosted by Rohini Nilekani, featuring insights from leading philanthropists. The inaugural episode showcased an inspiring dialogue between Melinda French Gates X Rohini Nilekani.

Wellbeing Of The World **A Global Symphony**

Wellbeing of the World – A Global Symphony” is an international, collaborative music project by composer/inventor Tod Machover and his team at the MIT Media Lab collecting sounds and thoughts about wellbeing from regional summits.

Healing Systems

Our article series, created in partnership with SSIR and Collective Change Lab, had an article titled, Healing Systems by Laura Calderon de la Barca, Katherine Milligan & John Kania—published in SSIR—which became one of their most-read pieces, reaching 45,000 readers.



Enhancing Grantee Well-Being To Long-Term Impact

Our Research Elder Linda Grdina collaborated with Center for Effective Philanthropy (CEP) to write a blog on “Enhancing Grantee Well-Being Leads to Long-Term Impact”

The Best Of 2024



Artistic Exploration

In partnership with [Community Arts Network](#), the **Ritual Alchemist** initiative bridges art, community, and ecological belonging at regional Hearth Summits across **Brazil, Senegal, India, and Austria** in 2024, and the **Philippines, Bangladesh, and Japan** in 2025.

Meet the Ritual Alchemists [here](#)



Ritual Alchemist Insights

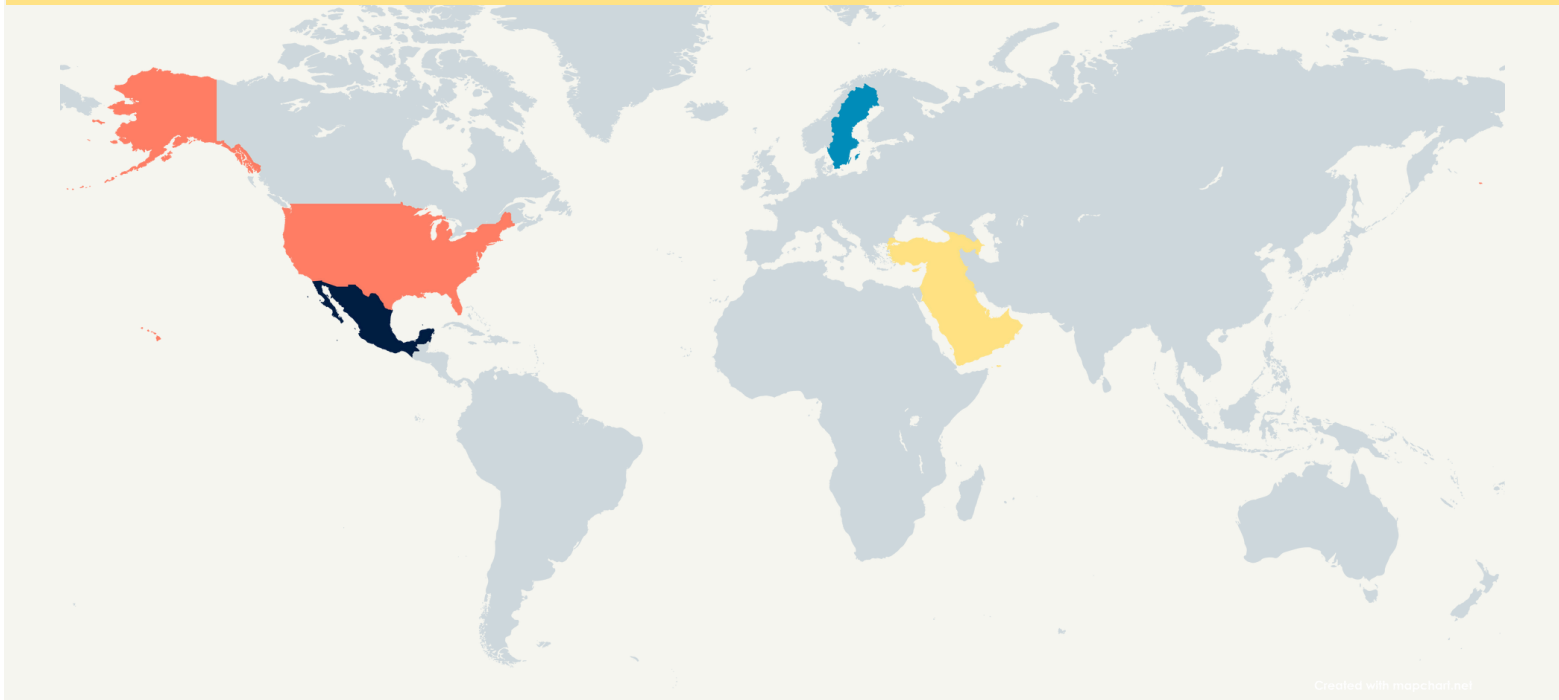
[Learn more here](#) about Angelika Lauber's work in fostering wellbeing, empowerment, and connection to the more-than-human world.



Influencing the Field: Engaging, Inspiring, Influencing

The Wellbeing Project is committed to building a robust wellbeing movement by collaborating across sectors and sharing insights.

Our presence at various events amplifies our message, fostering a collective commitment to prioritize wellbeing in social change. Explore our journey as we engage with communities and spread the word about this critical work.



Created with mapchart.net



Intergenerational Trauma

Presented our intergenerational trauma work at [SIPRI](#) in Stockholm, Sweden



Organizational Wellbeing

Hosted a conversation at the [GEO conference](#) in Los Angeles, USA to share interim findings about our organizational wellbeing work to grantmakers



Teacher Wellbeing

Participated in a panel at [WISE Qatar](#) at Qatar University, Doha on teacher wellbeing

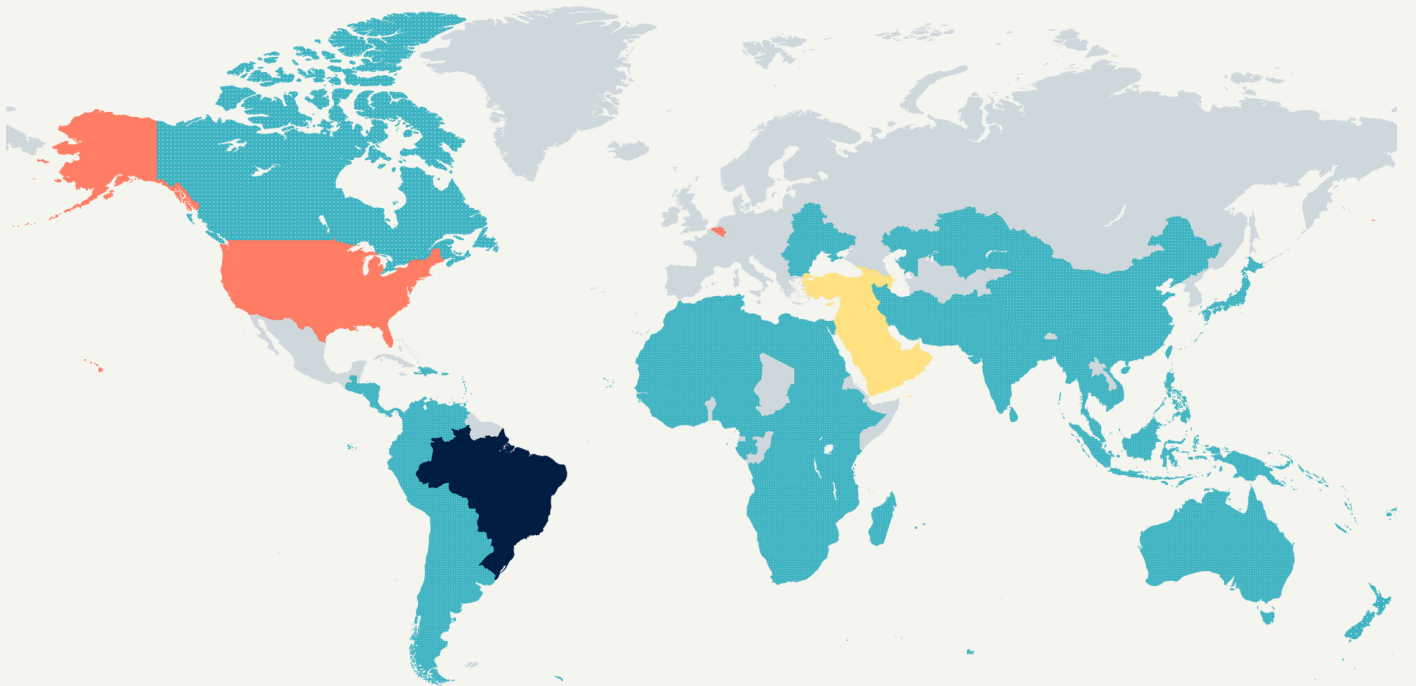


Entrepreneur Wellbeing

Presented findings on our Wellbeing in High Impact Entrepreneurs at [FLII](#) in Merida, Mexico

Influencing the Field: Engaging, Inspiring, Influencing

In 2024 we we participated in and supported many inspiring events, including:



Wellbeing Spaces at Conferences

Collaborated with [Hispanics in Philanthropy Conference](#) in Chicago, USA and [Philea Conference](#) in Ghent, Belgium on their Wellbeing Rooms for participants



Wellbeing & Work- Life Balance

Hosted a Wellbeing on Balancing Personal and Professional Life to Avoid Burnout session for [Catalyst2030](#) global online community



Wellbeing Activities

Hosted wellbeing activity for [Hacktown](#) participants in Santa Rita de Sapucaí, Brazil



Conversations On Wellbeing

Facilitated conversation about the arts and wellbeing at [TED Next](#) in Atlanta, USA

Our Collective Impact

Since 2015, we've been on a journey to bring wellbeing to the heart of social change, nurturing a culture where inner wellbeing is embraced as a fundamental part of impactful work.

Together with a global network, we're building a movement that honors resilience, connection, and authenticity as the foundation for true transformation. Here's a look at what we've created together so far:

Building a Core Community

Today, our network spans **1,200** diverse social change organizations, each advancing a wellbeing-centered approach to social change. By the time of our Global Hearth Summit in June 2025, over **10,000 changemakers** worldwide will have participated in a Regional Hearth Summit, building connections and fueling the wellbeing movement.

Providing Supports for Changemakers

Together with our network, we have reached **2.5 million changemakers**, equipping them with resources and supports that sustain wellbeing amid the demands of social change work.

Building Awareness

Our storytelling initiatives have meaningfully engaged over **4 million people**, with widespread reach through partnerships with platforms like SSIR, IDR, and Skoll, as well as through our own network and communications. More than 1.4 million people have deeply engaged with our content, spending over five minutes reading one of our articles that inspire, inform, and build awareness of the wellbeing movement.



These milestones reflect the power of our collective journey to center wellbeing within the social change landscape, creating a lasting impact that resonates across communities worldwide.

Explore our 7 network communities

- [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](#)

The Journey Ahead

In the year ahead, we will deepen our commitment to the theme "Locally Rooted, Universally Human." This focus will guide our efforts to host more summits, engage with diverse partners, and connect with broader audiences, all while ensuring our initiatives are deeply attuned to local contexts and needs. The **Global Hearth Summit in 2025** will serve as a pivotal moment for our communities to come together, sharing knowledge and inspiration, and celebrating the ongoing evolution of the wellbeing movement.



Our regional strategy, launching in 2025, aims to build robust ecosystems that empower local efforts to contribute to the global movement. We will co-create region-specific strategies that enhance funding capabilities, foster community engagement, and amplify the impact of our collective storytelling. We will also expand our **Ecological Belonging** fellowship program and other tracks, and our **Intergenerational Trauma** work will publish a groundbreaking report. Our **storytelling efforts** will weave together the narratives of regional initiatives and global efforts, creating a cohesive and compelling case for support.

To sustain this momentum, we are committed to strategic fundraising initiatives that will not only amplify our message but also foster **transformative partnerships within the philanthropic community.**

Our commitment to **research** will remain a cornerstone of our work. We will conduct comprehensive studies that explore wellbeing across individual, organizational, and sector levels, providing vital insights to inform our practices and policies.

The Journey Ahead

Together

We have the power to reshape the landscape of social change, ensuring that wellbeing is not just an aspiration but a fundamental principle guiding our work.

As we move forward, we invite you to join us in this transformative journey, where every effort contributes to a more resilient, connected, and hopeful future for all.



Thank You!

As we reflect on a year of transformative growth and connection, we extend our heartfelt gratitude to our co-creators, funders and partners around the world.

Your support has been vital in advancing our mission to embed wellbeing in the social change sector. Together, we are cultivating a resilient ecosystem for changemakers worldwide.

Thank you -

For your commitment to fostering hope and wellbeing in our communities. We eagerly anticipate our continued journey together.

If you're interested in learning more about how you can support The Wellbeing Project or become involved in our initiatives, please reach out to Dana at dana@wellbeing-project.org

