

December 2023

# Annual Report 2023



Catalyzing A Culture Of  
Inner Wellbeing  
For All Changemakers



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# 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.



Co-created with



GEORGETOWN  
UNIVERSITY



skoll



# 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.

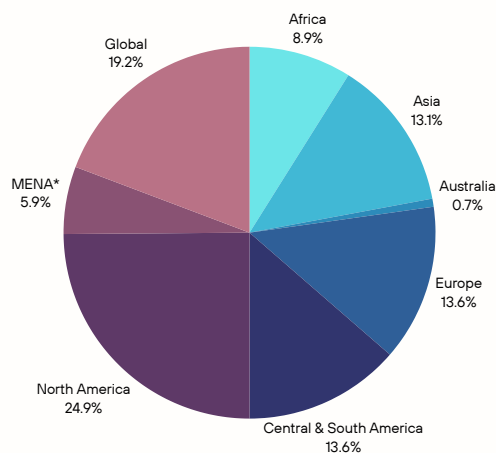
Our diverse team works to support our growing network of changemakers across the globe who are, in turn, launching their own wellbeing initiatives.



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



\* Middle East & Northern Africa

## 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**

# 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**



JUSTIN MICHAEL WILLIAMS  
Activist, Author and  
Informational Speaker



DINE J. KASLOW  
Biologist, Professor at  
University

## 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

# 5

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

# 2

**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](#)

## 3

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



## 7

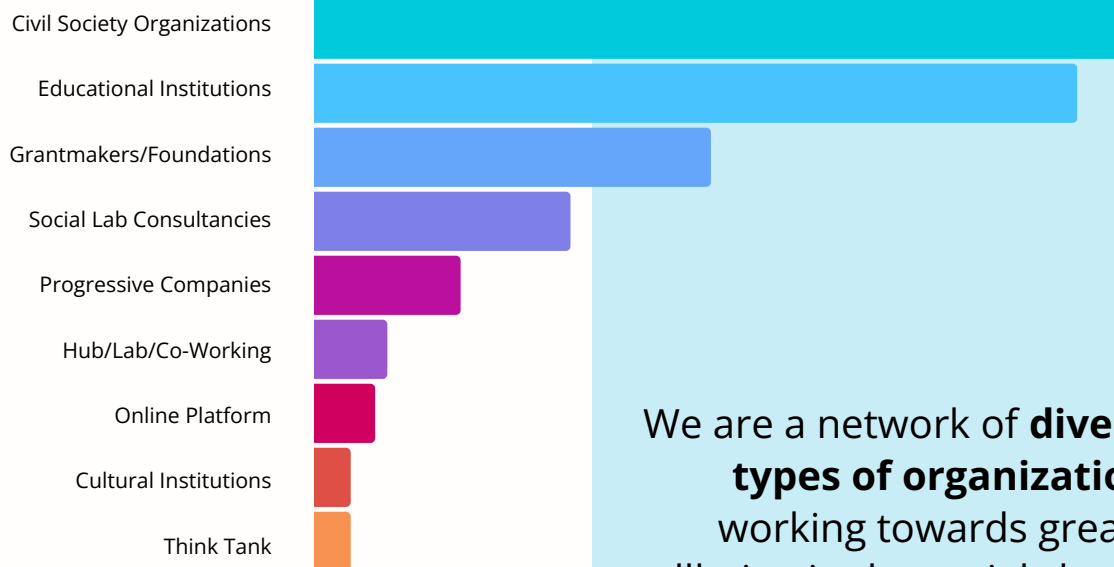
**Initiatives to support *our own wellbeing*** in the team!

- **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

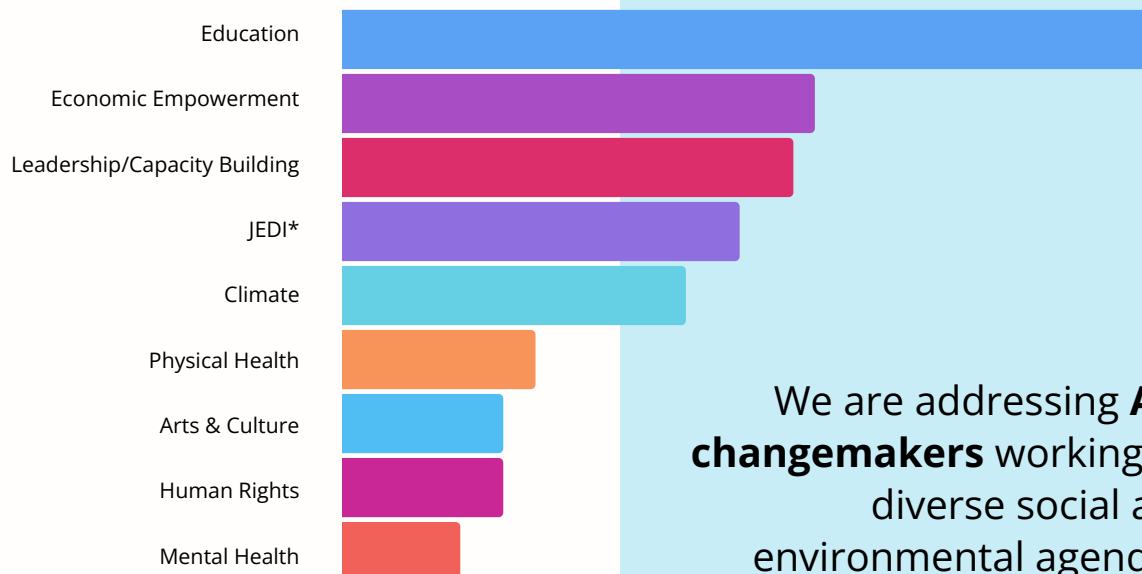
- **Regional Wellbeing Summits Organizer gathering** in Madrid - February 2023
- **Higher Education Network gathering** in Switzerland - July 2023
- **Funders + Wellbeing Group gathering** in Brussels - November 2023

# 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.

