



## Brussels welcomes its first *Wellbeing Summit* on 16 and 17 November 2023



Brussels, 17 October 2023 - After passages in New York, Bogota, and Sao Paulo, it is Brussels' turn to welcome the *Wellbeing Summit for Social Change* on 16 and 17 November. The two-day Summit is being put on by private members club and think tank *TheMerode*, in collaboration with *The Wellbeing Project*, and is open to all.

Speakers at this unique event include Satish Kumar, peace activist; Yael Naïm, artist and composer; and Michel Mersch, CEO of Nestlé Belgium and Luxemburg.

Wellbeing and positive social change have been at the heart of *TheMerode*'s mission since its conception 2 years ago, and it is thanks to its team's expertise in inspiring changemakers, that *The Wellbeing Project* has chosen Brussels as its European location for the *Summit*.



"We are so thrilled to be joining *TheMerode* for the first Regional Wellbeing Summit in Europe at their incredible space in the heart of Brussels. Their focus on multidimensional wellbeing and 'moving from ego to

*eco' is perfectly aligned with our mission to catalyze a culture of wellbeing for all changemakers. It promises to be a very special moment that will powerfully galvanise the community."*

**Aaron Pereira**, Co-Lead, The Wellbeing Project.

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Wellbeing goes far beyond *wellness* and *self-care*. It must be understood as deeply taking care of yourself and your health, your community, your organization, and our planet in a holistic way. When taking care of our inner wellbeing, we are inspired to do well for others. On 16 and 17 November, we'll explore the concept of wellbeing through a multi-dimensional prism: internal, organizational, societal, and planetary.

We all have something to gain from it. Not just as individuals, but as community or business leaders, politicians or climate change activists. Wellbeing drives innovation and success.



*"The Wellbeing Summit is not a regular conference: it is a two-day tailored and holistic program that offers our 300 participants transformative experiences with profound personal impact. They will experience the summit with their full body – not just their brain – and all their senses", says **Bruno Pani**, TheMerode's founder. "It is an opportunity to share, connect, and become part of a vibrant community focused on nurturing wellbeing practices and culture."*

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The program proposes groundbreaking talks, interactive workshops, and a focus on experiencing wellbeing through multiple forms of art, such as TheMerode's new Art Exhibition on happiness: Shōkakkō.



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## Speakers include:

- **Thierry Geerts**, country director Google Belgium & Luxemburg
- **Adelaïde Charlier**, Climate and social justice activist
- **Satish Kumar**, Peace activist and author
- **Yael Naïm**, Artist and composer
- **Jef Colruyt**, Chairman of the board, Colruyt Group
- **Eleanor Allen**, Lead Executive of B Lab Global
- **Michel Mersch**, CEO Nestlé Belgium and Luxemburg
- **Prof. Dr. Tania Singer**, Social neuroscientist and psychologist
- **Dimitri Lorenzani**, Cabinet Member of Maroš Šefčovič, European Commission Executive Vice-President for the European Green Deal
- **Mathieu Seynaeve**, Medical Doctor and Neuropsychiatry Researcher at King's College

# THE WELLBEING SUMMIT

## SPEAKERS

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Check [themerode.com/en/the-wellbeing-summit-brussels](https://themerode.com/en/the-wellbeing-summit-brussels) for the full program, all speakers and tickets.

Press contact: [press@themerode.com](mailto:press@themerode.com)

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## About TheMerode

TheMerode is a private members club and think tank that sparks conversations and connects curious minds in the heart of Brussels.

Their mission is to bring their members happiness and drive positive social and environmental change through thought-provoking discussions, cutting-edge research, and dynamic events.

They are a space to support entrepreneurs and high-growth businesses at the forefront of innovation and change.

Their holistic program is created to nourish your soul, creativity, and intellect to further you on your journey as a changemaker.

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## About The Wellbeing Project

*The Wellbeing Project* is the global leader in researching and advocating for the wellbeing of changemakers, and for wellbeing in changemaking. Co-created with Ashoka, Georgetown University, Impact Hub, Porticus, Skoll Foundation and Synergos, The Wellbeing Project is a network of more than 400 organizations dedicated to:

- strengthening the research case for inner wellbeing at the heart of social change;
  - connecting a growing network of organizations building a culture of wellbeing;
  - accelerating the growth of wellbeing initiatives around the world;
  - convening Summits at the intersection of inner, organizational, societal and planetary wellbeing;
  - and mainstreaming a wellbeing and social change narrative.
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