

FundWell

A Swift Summary of Wellbeing Stuff for Funders
July's edition of FundWell is curated by The Wellbeing Project

Dear Humans in Philanthropy,

Let's be honest: changemaker wellbeing hasn't always been taken seriously in philanthropy. For the past 10 years, The Wellbeing Project has been working to change that. And last month, we took a big step forward. We hosted our second [Global Hearth Summit](#), bringing together 1,000 changemakers from 90+ countries in Ljubljana, Slovenia to ask: *What if care wasn't a side note, but the strategy?* The Summit is designed as an embodied experience of wellbeing and it offered a strategic moment to engage philanthropy more deeply. While nonprofit leaders and social entrepreneurs have been leading the charge to center wellbeing in their work, many funders have lagged behind. To help close that gap, we created a dedicated **Philanthropy Track**, welcoming 45 leading foundations and grantmaking institutions. The Track included funder-only gatherings and curated sessions exploring philanthropy's role in unlocking greater wellbeing across the sector. Against the backdrop of seismic shifts in global development and funding flows, we invited funders to examine the emotional dynamics of giving and to recognize the deep interconnectedness between their own wellbeing, that of their grantee partners, and the broader wellbeing of our societies and planet.

Highlights included:

- **“The Elephant in the Room”**, an embodied workshop using tools from Theatre of the Oppressed to surface the unspoken tensions in funder-grantee relationships and co-create new narratives of trust and interdependence.
- At **“The Humans Behind the Funding”** lunch, people opened up about the emotional landscape of their work including grief, fatigue, purpose and left with one shared takeaway: they're committed to showing up for the moments that matter.
- And throughout the Summit, curated workshops like **“Beyond Hustle Culture”** surfaced the hidden toll of unacknowledged stress, while **“The Inner Work of Organizational Wellbeing”** shared five years of research through powerful testimonies and practical insights.

The track culminated in a powerful closing Summit plenary with leading philanthropists **Rohini Nilekani**, **Cristiane Sultani**, and **Laurence Lien**, who shared their personal journeys and made a compelling case: changemaker wellbeing isn't a luxury but the foundation of sustainable impact, and relational giving, built on deep listening and trust rather than top-down control, is the pathway to nurturing that wellbeing.

If your organization is grappling with these questions, or even just beginning to explore what changemaker wellbeing could look like, we'd love to be in conversation. The [Funder Wellbeing Learning Group](#) is an open, growing space for funders who want to move beyond ideas into shared learning and collective action.

We know this is tender, important, and sometimes messy work. You don't have to do it alone. Hit reply, share what's stirring for you, or reach out if you're curious to learn more.

— Dana + the TWP team



**HEARTH
SUMMIT**

June 17th-20th
Ljubljana, Slovenia

Image Description: 1. Top left: Participants in “The Elephant in the Room” workshop standing and preparing for their collective performance; 2. Top right: Closing plenary on philanthropy and wellbeing guided by Rohini Nilekani, Cristiane Sultani, and Laurence Lien who sit in the center of the stage; 3. Bottom left shows the “The Humans Behind the Funding” where funders sit at round tables for their lunch-conversation; 4. Bottom right: A delegate holds a lit candle with rosemary at the Solstice Ritual held on the last day of the Summit.
Credit: The Wellbeing Project

FundWell Essentials

"From Curiosity to Conviction"

Carolyn Kandusi of Segal Family Foundation reflects on how wellbeing has shifted her philanthropic practice and why it matters more than ever.

[Read Carolyn's post »](#)

"This Little Light of Mine"

In a deeply personal essay, Dara Mouracade reflects on attending the Summit as a changemaker from a conflict zone and why wellbeing isn't a luxury, but a lifeline.




[Read Dara's piece »](#)

Global Hearth Summit Recap

Get a glimpse of the magic. This short video captures the energy, voices, and ideas that made the Summit a global gathering point for changemaker wellbeing. Let yourself be inspired.

[Watch the video »](#)

Talking Points: pick one and start a conversation!

-  How might your organization create space for funders and grantees to explore wellbeing as a shared concern, not a separate one?
-  What internal practices could shift if you acknowledged the emotional labor of working in philanthropy?
-  Who else in your funding ecosystem might be ready to join a conversation about changemaker wellbeing?

Words on Wellbeing

This section is dedicated to the delegates of last month's Global Hearth Summit, whose brave commitment to collective and long-term approaches to care is helping shape a new future for changemaker wellbeing.

“Few events in my life have impacted my personal wellbeing as profoundly as the Hearth Summit did.”
—Deon Snyman, South Africa

“Wellbeing is often a luxury in the social impact space... but this Summit carried the message so powerfully: your wellbeing matters.”
—Olivia Hough, United Kingdom

“I stepped into the summit feeling down and drained from all the ugliness in the world... but I left feeling reignited and energized. If a room filled with 1,000 changemakers from around the world won't inspire us, what would?”
—Engy Fahmy, Egypt

Looking to go deeper? Explore our [Philanthropy x Wellbeing Hub](#).

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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