

FundWell

A Swift Summary of Wellbeing Stuff for Funders

Slowing Down Again!

In March, we offered a glimpse of our All-Team Retreat in Slovenia, centered around the theme [“Slowing Down to Show Up Better.”](#) A teammate highlighted Bayo Akomolafe’s powerful words: *“The times are urgent, let’s slow down.”* And so we did. We created space to rest, even in the midst of global crises and as we geared up for our [Global Hearth Summit](#) in June 2025.

Now, we’re excited to share another step in our commitment to embody these values—not just during retreats, but throughout the year. We call this initiative: **Blue Zone**.

Spearheaded by our People & Culture Team and supported by leadership, Blue Zone encourages all of us to pause with intention. It goes beyond mere vacations; it’s about intentionally carving out time for restoration and wellbeing. Through this initiative, team members can earn up to **seven weeks** of leave by the end of the year!

“We are not resting to be productive. We are resting simply because it is our divine right to do so.”
— Tricia Hersey, *Rest is Resistance*

So, for this August edition of FundWell—we’re dedicating it to **rest**. In previous years, we’ve been encouraged to take a full week off in August. But this year, the People & Culture team took it even further. As part of the Blue Zone experiment, they invited us to take three consecutive weeks off—yes, you read that right!—with the added bonus of earning extra days at the end of the year. A small (and bold) act of collective resistance. **A reminder that we rest not just for ourselves, but for the wellbeing of our whole ecosystem.**

Happy Blue Zone!



Photo Description: Two dogs at the beach at Isla Zacatillo in El Salvador, Golfo de Fonseca and mountains of Honduras and El Salvador in the back.

Read, Watch or Listen



While we are away, we invite you to revisit past editions of FundWell, to watch some videos or to listen to a podcast.

- [The Times are urgent, let's slow down](#)
- [Community Care Amidst Collective Trauma](#)
- [Embers of Change: Philanthropy at the HEARTH](#)
- Video Recap of our [Global HEARTH Summit](#)
- Cultivating Hope: Supporting Changemaker Wellbeing [a conversation between Rohini Nilekani and Melinda French Gates](#)
- Fund The People Podcast: [Reimagining Philanthropic Practice](#) with Laura Bacon

Words on Wellbeing

“Rest is not idleness, and to lie sometimes on the grass under trees on a summer’s day ... is by no means a waste of time.”
— John Lubbock

“Sometimes the most urgent and vital thing you can possibly do is take a complete rest.”
— Ashleigh Brilliant

“There is virtue in work and there is virtue in rest. Use both and overlook neither.”
— Alan Cohen

“We are not resting to be productive. We are resting simply because it is our divine right to do so.”
— Tricia Hershey

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](#).

[Subscribe](#)

[About The Wellbeing Project](#)