

FundWell

Swift Summary of Wellbeing Stuff for Funders

April's edition of FundWell is curated by The Wellbeing Project



Photo Credits: Laurent Muratet

Photo Description: Changemakers in Nairobi gathered in a circle, holding hands in a moment of shared movement, connection, and collective energy at the Regional Hearth Summit.

We're writing this fresh from Nairobi, where we spent two days at the Regional Hearth Summit - a convening dedicated to inner wellbeing for social change leaders in East Africa.

What we witnessed was both humbling and energizing: leaders carrying immense weight — for their communities, their organizations, their continent — carving out space to ask how they are doing. Not as a luxury but as a necessity.

What struck us most was how deeply context shapes the experience of burnout and resilience. In many of the conversations, wellbeing wasn't framed primarily as stress management or personal self-care routines. It surfaced as something more structural: navigating economic precarity alongside emotional exhaustion or the quiet loneliness of leadership in under-resourced environments, for example.

In this 2nd edition, we've gathered testimonials to help funders engage with changemaker wellbeing in a way that is rooted, responsive, and context-aware. We hope it opens a useful conversation in your organisation.

— Laurent Muratet & Ramsés Gómez, The Wellbeing Project



Photo Credits: Laurent Muratet

Photo Description: Changemakers in Nairobi in a panel conversation, sharing reflections on wellbeing and leadership at the Regional Hearth Summit.

In the Words of Summit Participants


"Wellbeing is a connection from the person to the rest of it. As leaders, we need to ask: what systems can we put in place to create that environment of wellness for our teams?"


"It's about going back to our roots as Africans — it really helps us live in a way that we understand and resolve issues in our communities in ways that we understand."


"When you are well, you can provide a better service. Taking care of yourself is not stepping back from your community — it is how you stay for them."

FundWell Essentials


As a global network, The Wellbeing Project is seeing locally and regionally grounded definitions of wellbeing emerge across our community and in the broader field.


 [The Segal Family Foundation Wellbeing Toolkit for Changemakers](#) is a practical resource funders can share with grantees and partners in Africa. It reflects a regional understanding of wellbeing shaped by economic precarity, leadership pressure, and deep responsibility to community, moving beyond individual resilience alone.


 [Asia Pacific Forum on Women, Law and Development \(APWLD\)](#) offers a compelling [example](#) of organisational wellbeing in practice. [In 2024](#), despite growing to 37 staff across 15 countries, turnover fell to just 2.7%, which they attribute to a deliberate focus on feminist workplace culture, collective care, and intentional team-building across a remote team.

 [WINGS](#) recent report on [philanthropy in Latin America and the Caribbean](#) highlights a shift toward locally rooted, collaborative approaches, with care, wellbeing, trust, and autonomy emerging as priorities in how funders in the region define impact.

Talking Points: pick one and start a conversation!

 Where might we already be supporting wellbeing, even unintentionally — and what becomes possible when we begin to name it?

 What does it mean to support wellbeing in ways that are grounded in the contexts our partners live and work in?

 How do those realities shape their experience of burnout and resilience?



The Wellbeing Project and the [Funders + Wellbeing Learning Group](#) will be at [Philea Forum 2026](#) (May 18–21). If you'll be there, we'd love to connect. Please reach out to dana@wellbeing-project.org if you'd like to meet.

And, with the generous support of the William and Flora Hewlett Foundation, we're hosting a cocktail gathering for funders on May 20. It will be a relaxed space for those thinking about wellbeing in their work to connect, share perspectives, and be in conversation together. We'd be delighted to see you there. [Register here.](#)

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