



# Impact Report 2023



# About Recipes for Wellbeing

## A not-for-profit association

Recipes for Wellbeing was born out of a collaboration between changemakers in 2016 and it was **incorporated** as a not-for-profit association under Swiss law **in 2018**.

## Our vision & mission

We work towards shifting the culture of changemaking to include a focus on wholebeing to enable anyone to contribute more effectively to creating positive change in the world. **We interpret wholebeing both as a catalyst for change in the world, and as the change in the world itself.** We aim for changemakers to both experience wholebeing for themselves and to spread it to their teams, communities, and to the whole world. We believe that focusing on wholebeing opens up a path towards achieving individual and collective flourishing – the ultimate goal of changemaking.



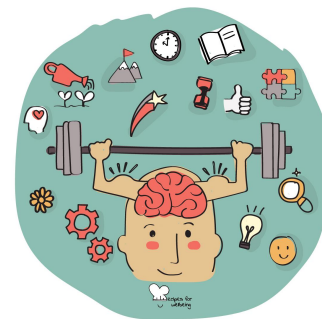
# What happened in our kitchen in 2023?

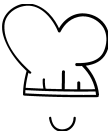


## 2023 was a year of pedagogy for us.

This year, we chose not to onboard many new projects because we needed to prioritise the development of the **Wholebeing Learning Framework**. Whilst this is not public yet, we have made some great progress: we revisited the **12 Wholebeing Learning Domains** and mapped a total of **170 (!) Wholebeing Learning Skills**, tagged against every single recipe on our website. Now we are working on upgrading our website to have more advanced filtering features to allow for more personalised learning journeys.

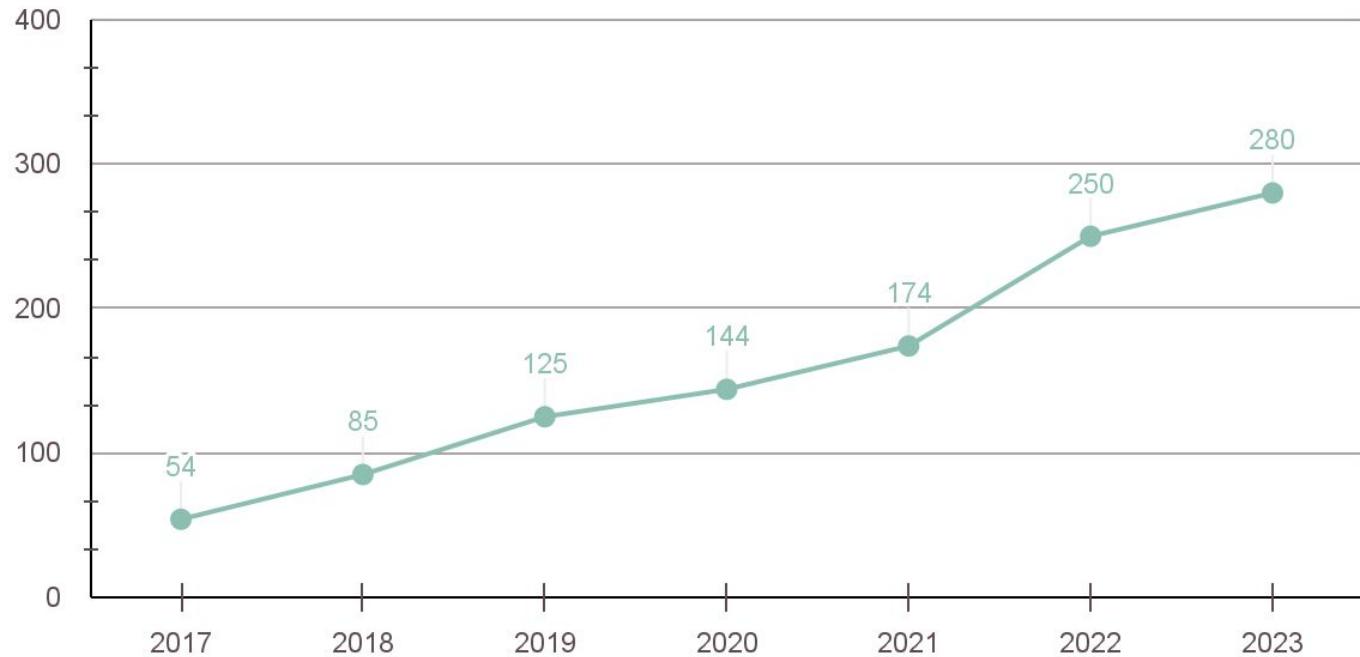
In the meantime, we continued our effort to broaden the selection of **wellbeing recipes** on our website, reaching a **total number of 280**. Finally, we continued collaborating with some of our most trusted partners, such as **ChangemakerXchange** and **WISE**, as well as celebrating a new collaboration with **Bottega del Terzo Settore**.



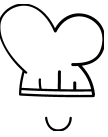


# Wellbeing Recipes

Number of recipes published on our website between 2017 and 2023



# Shoutout: Recipes Contributors



Since 2016, we have been accepting **“donations” in the forms of recipes**. Over the years, in addition to the recipes written by Alessia, Greta, Tariq (the three co-founders) and Marissa (the wellbeing content writer), we have received recipes from **around 40 other individuals and organisations**. Thank you! And thank you to all the uncountable books and events that have sparked the majority of our recipes!

## Examples of “donated” recipes published in 2023



[9 habits for a healthy lifestyle](#)



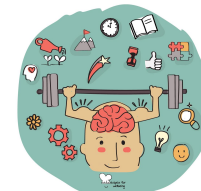
[Create the optimal work setup in 5 steps](#)



[Making your life navigation map](#)



[Neurodiversity in the modern workplace](#)



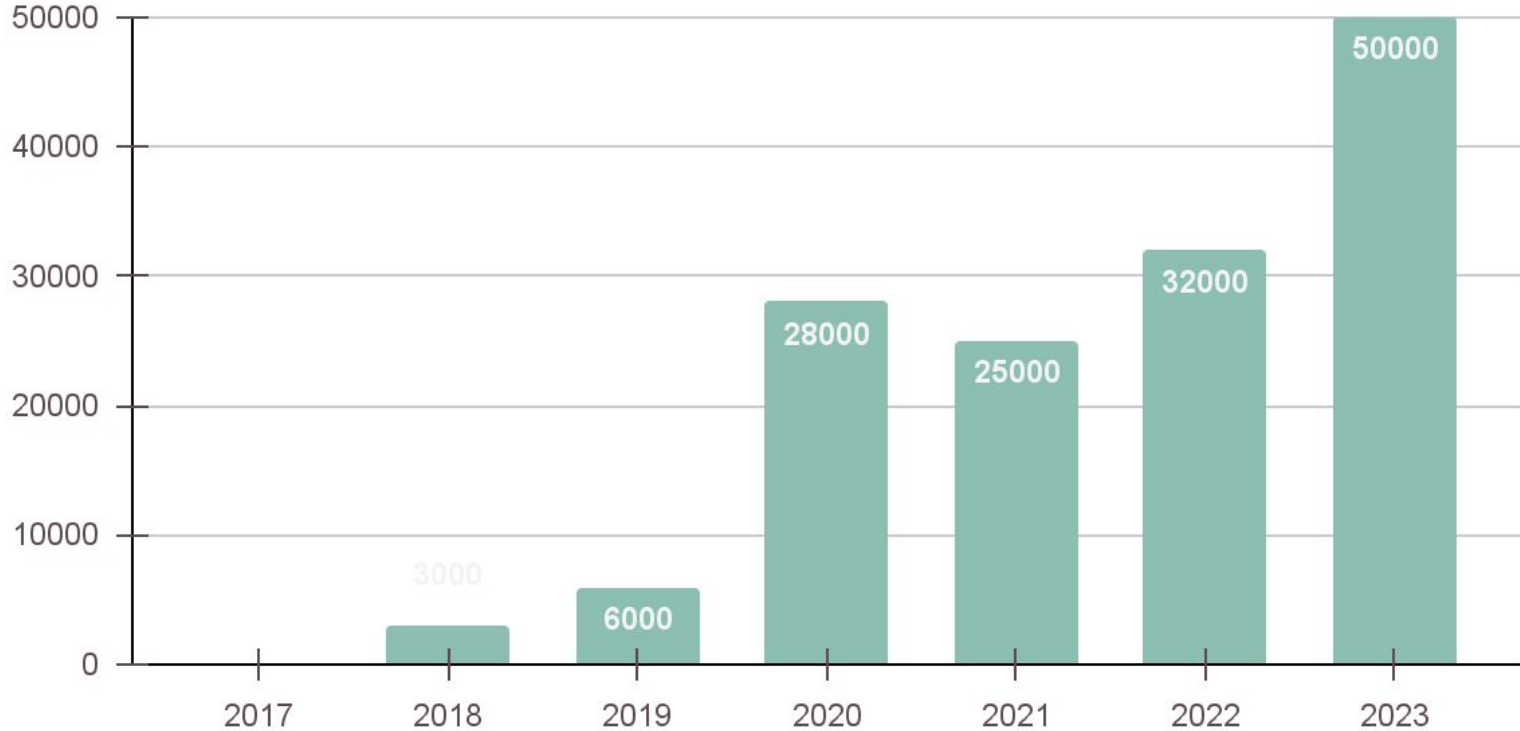
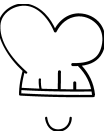
[Recognising brain strengths](#)



[Smart studying with your phone](#)

# Website Visitors

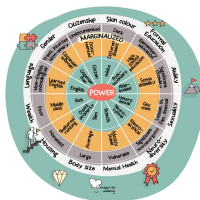
Volume of unique website visitors between mid-2018 and 2023



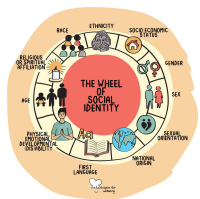
# Deep Dive: Favourite Recipes



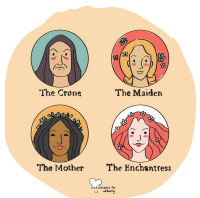
## Most “viewed” recipes



The wheel of power and privilege



The wheel of social identity



The four female archetypes

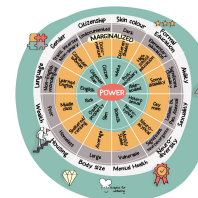
## Most “voted” recipes



Heart-to-heart hug



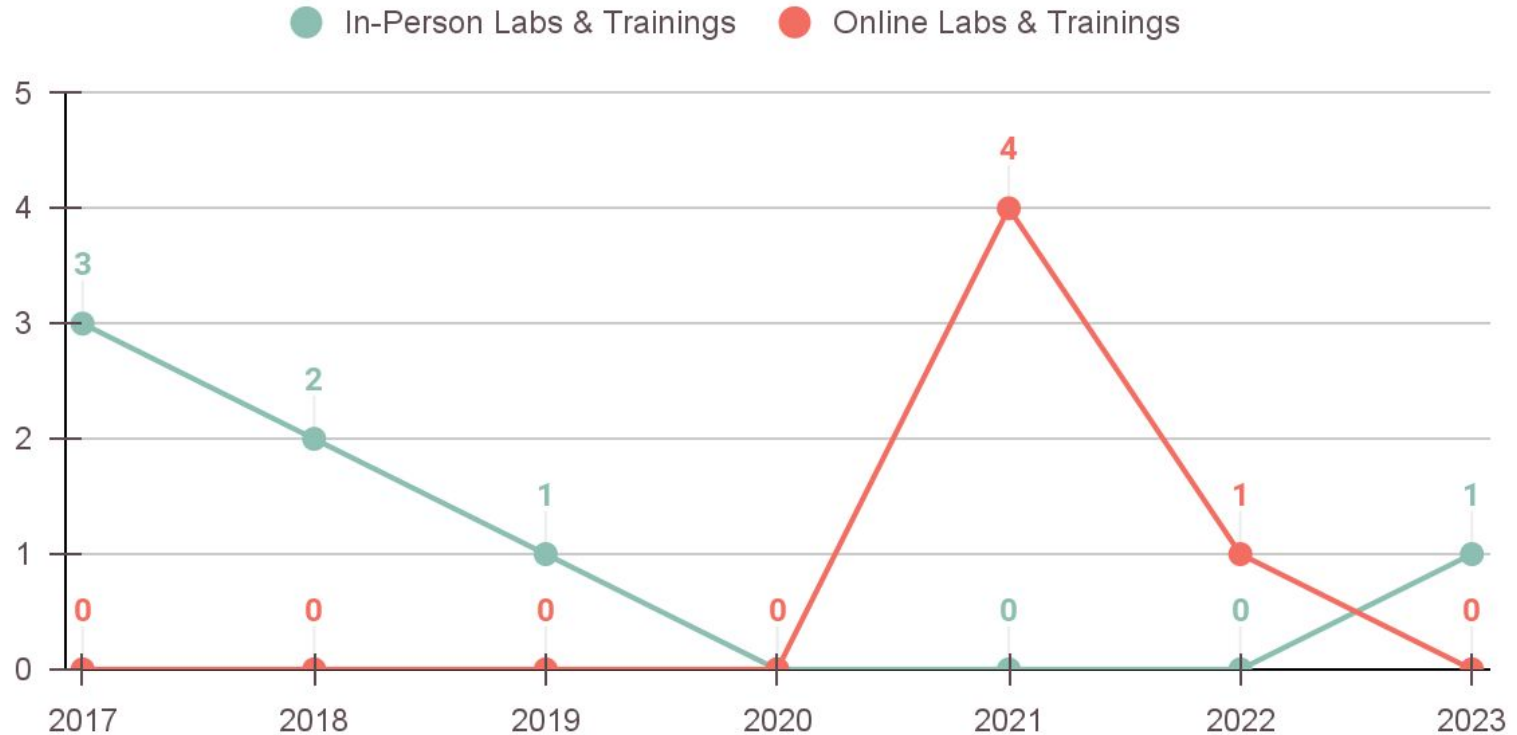
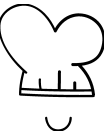
Happy Planet Index



The wheel of power and privilege

# Wellbeing Labs & Trainings

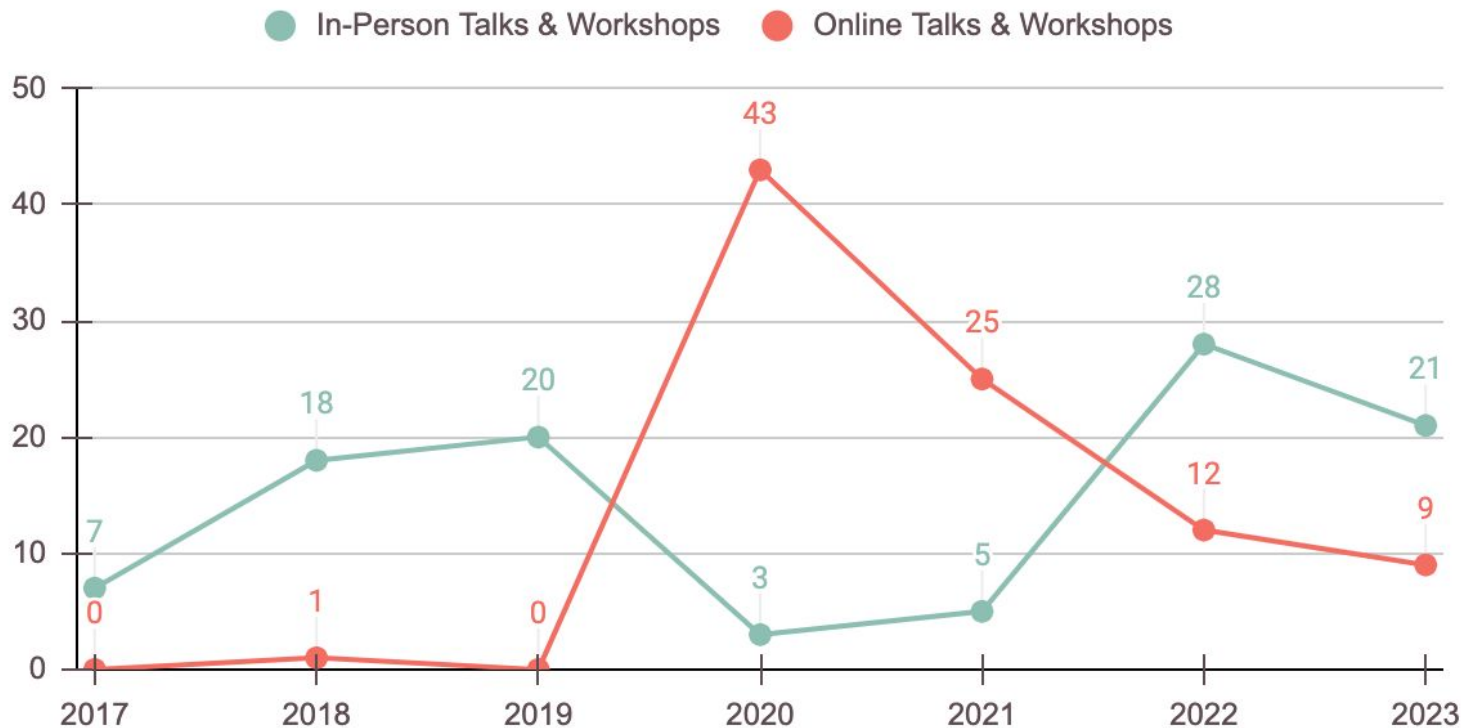
Number of in-person & online wellbeing labs & trainings between 2018-2023





# Talks & Workshops

Number of in-person & online talks & workshops delivered between 2018-2023



# Insights: Quotes from 2023



”

It was a great session - I had a frustrating day until this call, which created a calm space for reflection. I probably would not have spent the time or had the headspace to have reflected like this otherwise (self-facilitation can be hard!), so really valued this session. Thank you for facilitating it, Greta.

*(End-of-Year Reflection Huddle)*

”

Just amazing.

There was space for everyone's needs. I loved that there was a quiet space to access at any time. I loved having morning and evening sessions that nurtured wellbeing and built trust among participants.

*(CXC Fellow)*

”

I'm amazed by the amount and quality of free resources that Recipes for Wellbeing have online. I can't wait to dive into them and see how I can grow and improve. Thank you so much!

*(CXC community member)*

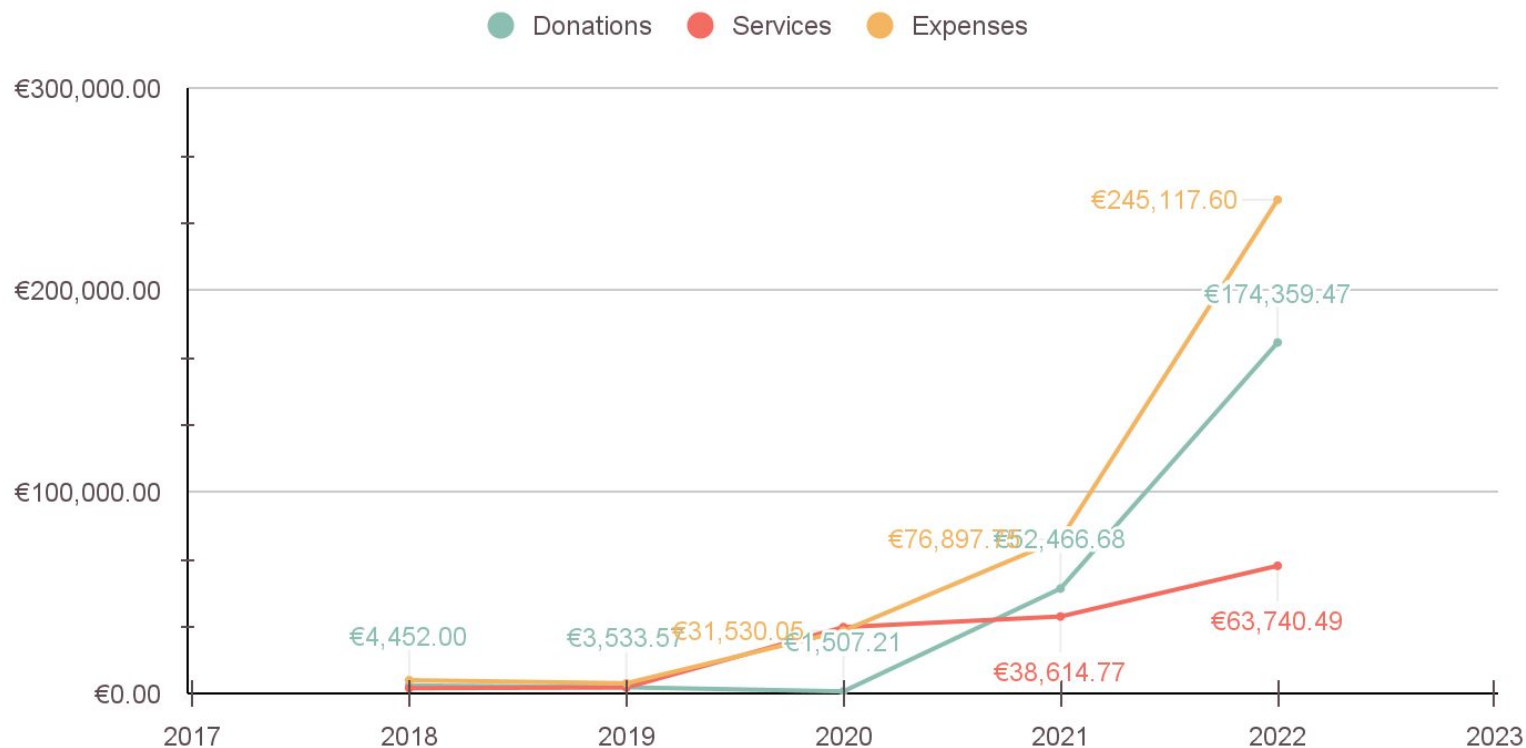
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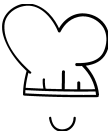
I believe that working on these issues will become increasingly urgent if we want to improve our lives starting with our workplaces. A conscious organisation to me is like a wise organisation, making purposeful choices. In this Recipes for Wellbeing has lived experience, so to be guided on this “journey” (whether short or long!) becomes a very profound experience. All organisations should experiment (even schools!).

*(Team member at Bottega del Terzo Settore)*

# Financial Wellbeing

Financial statements from 2018 (year of inc.) until 2022.





# Partnership Highlight: WISE

Since 2019, we have contributed to several programmes of the World Innovation Summit for Education in Qatar, from the WISE Emerging Leaders Fellowship – which celebrated 5 years in 2023! – to the WISE EdTech Accelerator and the WISE Summits. We are **thankful for the trust** that WISE continues to put into our creative and participatory facilitation.




# What are we cooking for 2024?



2024 will be a year of amplifying impact.

A big part of 2024 will be devoted to **upgrading our website** to make our Wholebeing Learning Domains & Skills publicly available for all our users so we may amplify our indirect impact. We will also continue to **add new recipes** to our online library of wellbeing activities, with the goal of reaching 300 recipes. Finally, we will engage in a **new collaboration with the ISSROFF Family Foundation** by providing wholebeing support to their CLI Fellows 2024.

If you would like to contribute to our work, please reach out to us at  [info@recipesforwellbeing.org](mailto:info@recipesforwellbeing.org).

Thank you for reading our impact report 2023.

Alessia, Greta & Tariq





Recipes for  
wellbeing