



Impact Report 2021

What happened in our kitchen in 2021?

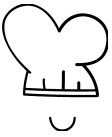
2021 was a year of consolidation for us.

After deciding to go on a digital detox, we focused our energy on creating branded illustrations for our recipes, adapting our services to meet the needs of changemakers, and building the foundations for the evolution of our wellbeing model. Here are the top three highlights of this past year:

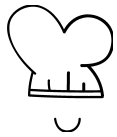
- We facilitated online wellbeing labs for the first time.
- We mapped a comprehensive set of wellbeing skills and competencies.
- We hired a fundraising expert to support us.

If you used our resources, thank you! We are brewing something even more exciting for you in 2022 so watch this space...

Alessia, Greta, and Tariq



Our wellbeing numbers in 2021



2 online wellbeing labs.

27 events (off- and online) where we delivered a wellbeing talk or workshop.

877 people reached through the events mentioned above.

877

174 total number of recipes published on our website, accessible to anyone.

174

62 recipes translated into Italian (31 in German, 24 in Spanish, 10 in French and Mandarin).

25K people reached through our website in the past 12 months.

13 wellbeing learning domains mapped.

13

90K our revenues from delivering our wellbeing services to changemakers and their teams.

90K




What are we cooking for 2022?



2022 will be a year of pedagogy.

In 2022 we aim to build on this year's foundations to:

- Finalise our “Wholebeing Framework” with 60+ wholebeing skills and competencies that changemakers and their teams can practice.
- Create an self-paced online training on facilitation for wholebeing to reach many more changemakers and amplify our indirect impact.
- Reach 200 wellbeing recipes published on our website.
- Diversify our funding streams and build a more sustainable financial model.

If you would like to contribute to our work, please reach out to us at  info@recipesforwellbeing.org.





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