



Impact Report 2022

What happened in our kitchen in 2022?

2022 was a year of focus for us.

We committed not to stretch ourselves too thin so we prioritised certain activities over others, such as diversifying our online library of wellbeing recipes over developing the wholebeing framework. Here are the top three highlights of this past year:

- We reached 250 recipes on our website.
- We facilitated our first online wellbeing training.
- We enjoyed facilitating in-person once again.

Of course, not everything went according to plan (check out our [end-of-year blog post](#) for more details), but we are grateful for all those people around the world who continue using our resources. You give us the energy to keep going!

Alessia, Greta, and Tariq



Our wellbeing numbers in 2022

1 online wellbeing, leadership, and facilitation training.

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

people reached through the events mentioned above.

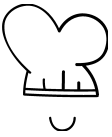
total number of recipes published on our website,
accessible to anyone.

32K people reached through our website in the past 12 months.

250K our revenues from delivering our wellbeing services to changemakers and their teams (including charitable donations).

1000+
250






What are we cooking for 2023?

2023 will be a year of pedagogy.

Since we could not meet all the goals we had envisioned for 2022, we will continue along the same path (whilst exploring other paths) and focus on:

- Creating a self-directed online wellbeing course for changemakers to amplify our indirect impact.
- Translating our full website into Italian, German, and French.
- Adding another 25 recipes to our online library of wellbeing activities.
- Improving our M&E to have more consistent and coherent impact measures.
- Diversifying our funding streams and building 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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