



Impact Report 2024

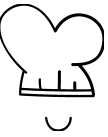
About Recipes for Wellbeing

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 2024?



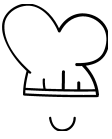
2024 was a year split in half for us.

The first part of the year was heavily focused on preparing for the launch of our **Wholebeing Framework**, encompassing 150+ Wholebeing Skills across 12 Wholebeing Domains. This included an upgrade to our website, in particular our **Wholebeing Library** and the creation of a **Substack** channel to accompany people on their wholebeing journeys. We also continued to craft new recipes, reaching a total of 297!

And in the second half of the year, we went on an **organisational sabbatical** so we could focus on our new families. We welcomed baby Coralie Zoe Eea – Alessia's daughter and baby Dalia – Greta's daughter.

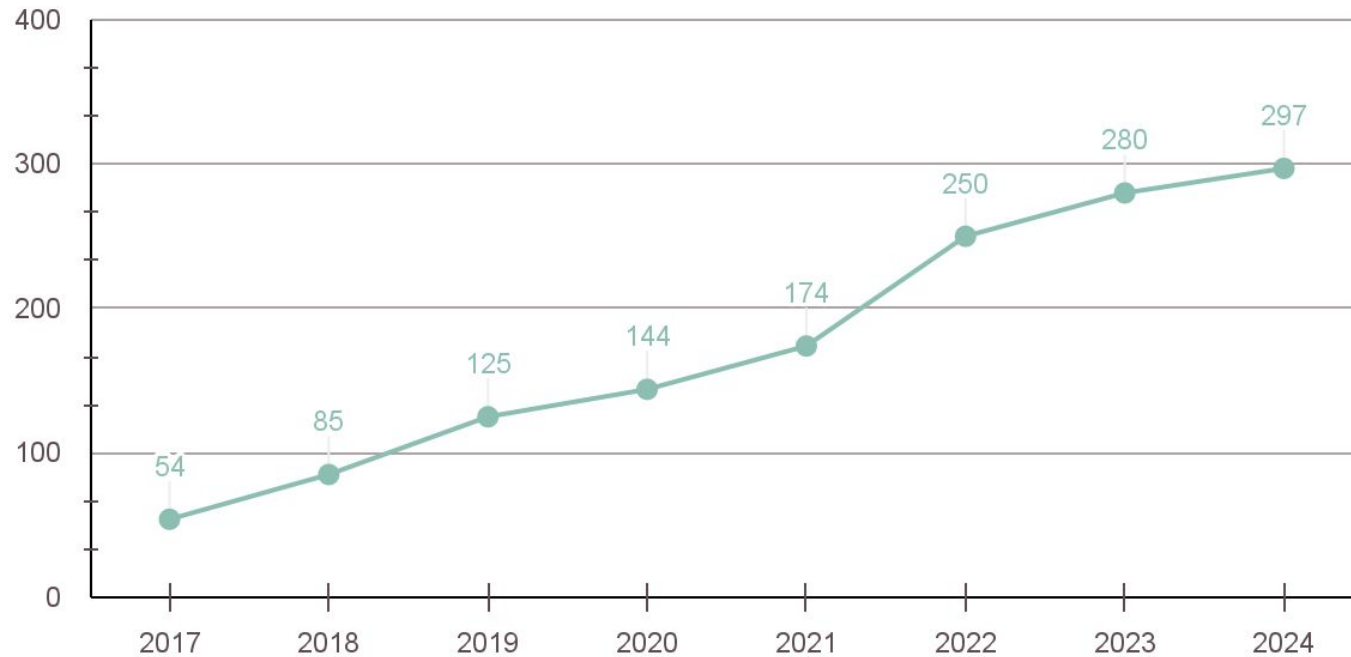
We're now back and ready to keep supporting changemakers and their teams and communities!



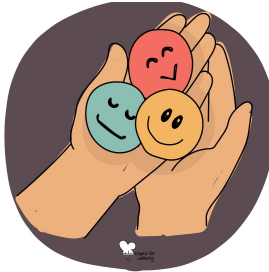
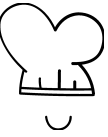


Wellbeing Recipes

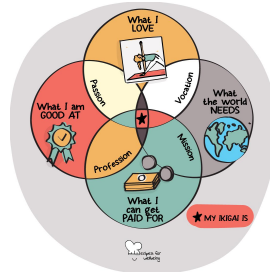
Number of recipes published on our website between 2017 and 2024



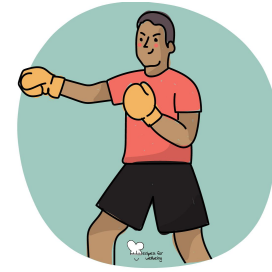
Spotlight: Examples of new recipes



Developing emotional agility



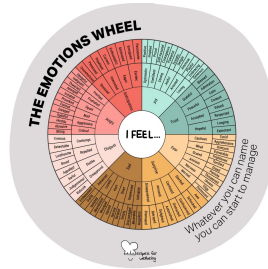
Discover your Ikigai



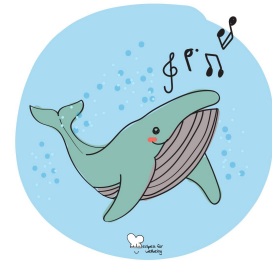
Managing the fight response



Returning to community to resolve conflicts



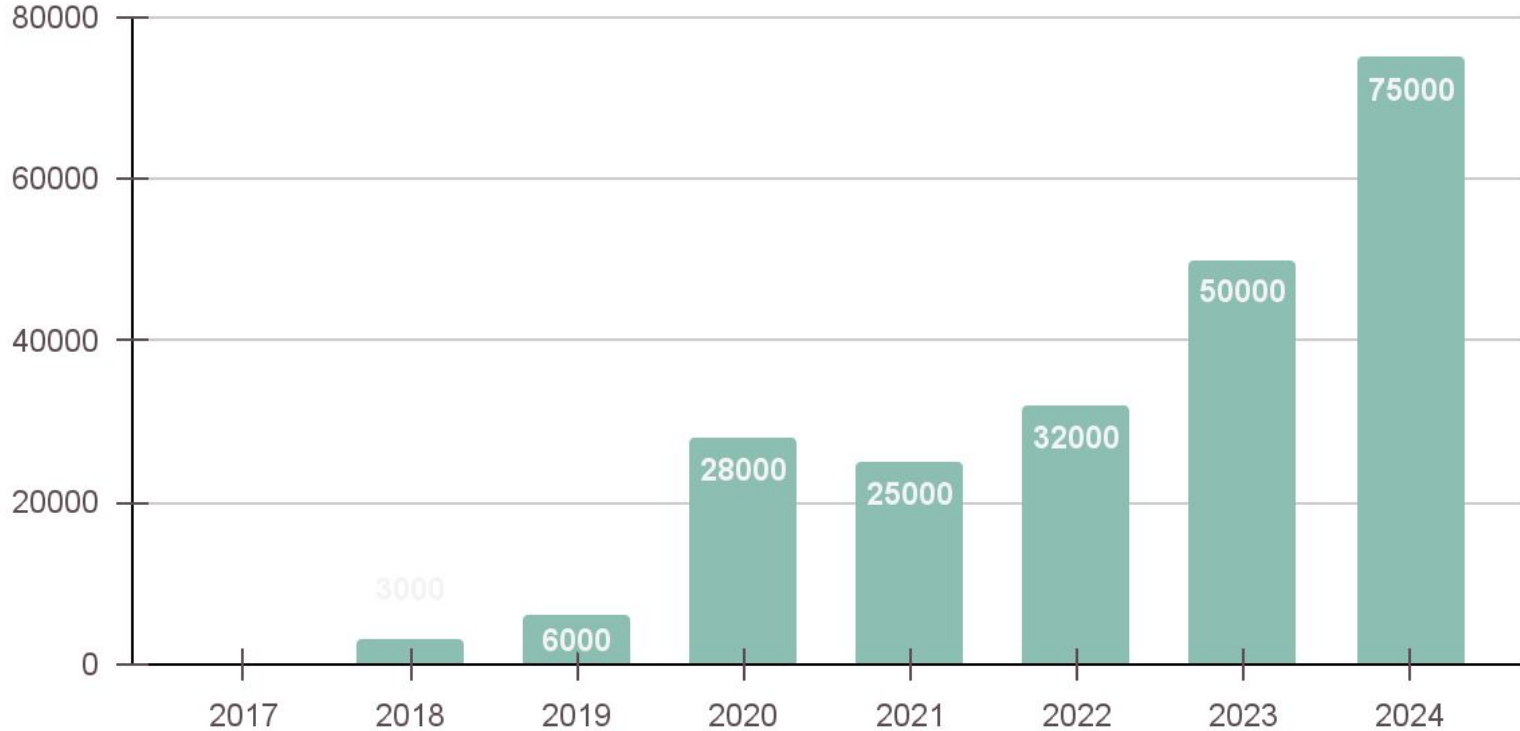
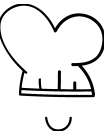
The wheel of emotions and feelings



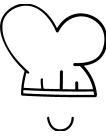
Whale meditation

Website Visitors

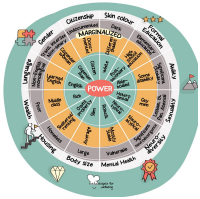
Volume of unique website visitors between mid-2018 and 2024



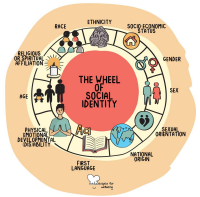
Spotlight: Favourite Recipes



Most “viewed” recipes



The wheel of power and privilege

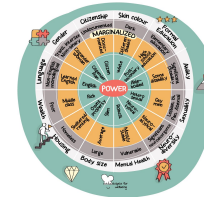


The wheel of social identity



Mindful colouring

Most “voted” recipes



The wheel of power and privilege



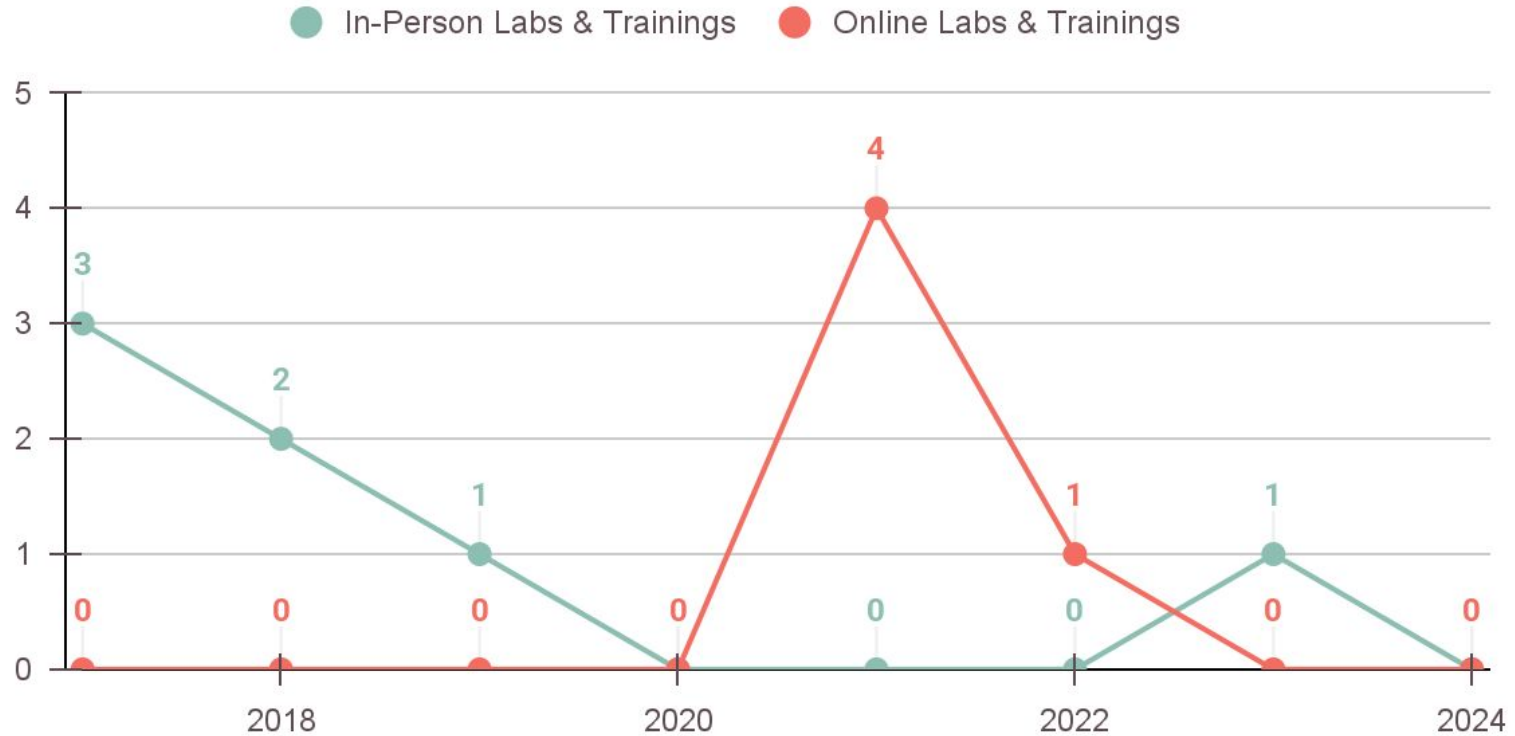
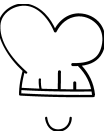
Heart-to-heart hug



The four female archetypes

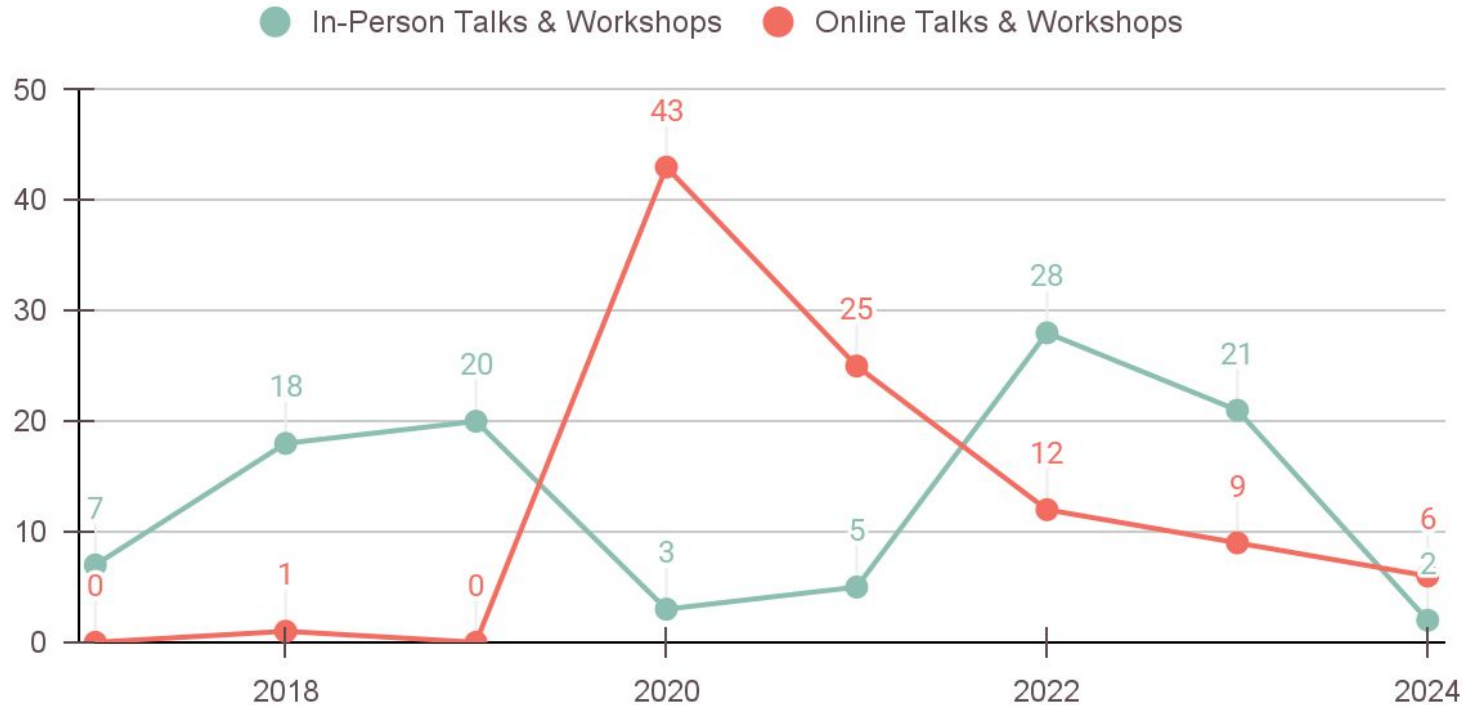
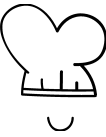
Wellbeing Labs & Trainings

Number of in-person & online wellbeing labs & trainings between 2018-2024



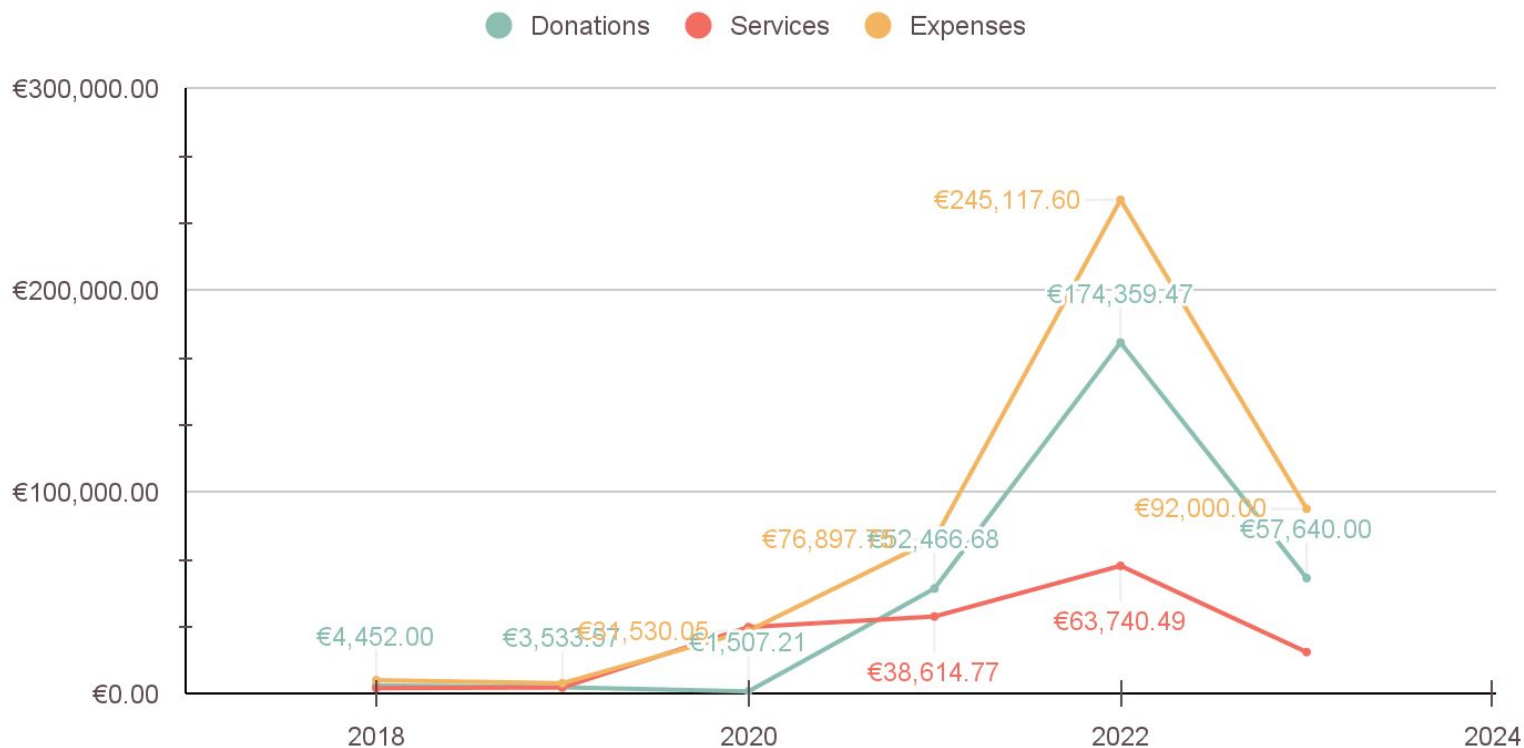
Talks & Workshops

Number of in-person & online talks & workshops delivered between 2018-2024



Financial Wellbeing

Financial statements from 2018 (year of inc.) until 2023.





Partnership Spotlight: ISSROFF

In 2024, we partnered with the ISSROFF Family Foundation to design and facilitate three online wellbeing sessions for the leaders of the Collaborative Learning Initiative (CLI).



Images generated with AI based on our CI & branding identity.

What are we cooking for 2025?



2025 will be a year of storytelling.

A big focus of 2025 will be on storytelling for wholebeing. Through our **Substack**, we share regular posts to support **non-linear wholebeing learning journeys** for changemakers, their teams, and their organisations. We will also continue to **add new recipes** to our online library of wellbeing activities, with the goal of reaching 325 recipes. Finally, we are exploring the possibilities of hosting an **in-person retreat** again!

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 2024.

Alessia, Greta & Tariq



Image created by our Wellbeing Illustrator Heliana Lubis.



Recipes for
wellbeing