



Impact Report 2025

About Recipes for Wellbeing



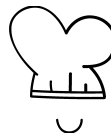
A not-for-profit association

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 2025?

2025 was a year of gently returning.

We began the year by honouring a slower rhythm, as two of our founders stepped into parenthood and another rejoined us after a sabbatical. It was a time of re-rooting, of coming back together with care and intention.

Throughout this period, we continued to nurture our Substack, offering small, practical invitations to support people along their wholebeing journeys. At the same time, our collection of recipes also kept growing, reaching a total of **307**.

As the year unfolded, we gradually stepped back into connection and community, we joined the Global Hearth Summit in Ljubljana (Slovenia) and the WISE Summit in Doha (Qatar). Both offered moments of meaningful exchange that reminded us how powerful it is to gather in person and share this work with fellow changemakers and their teams.

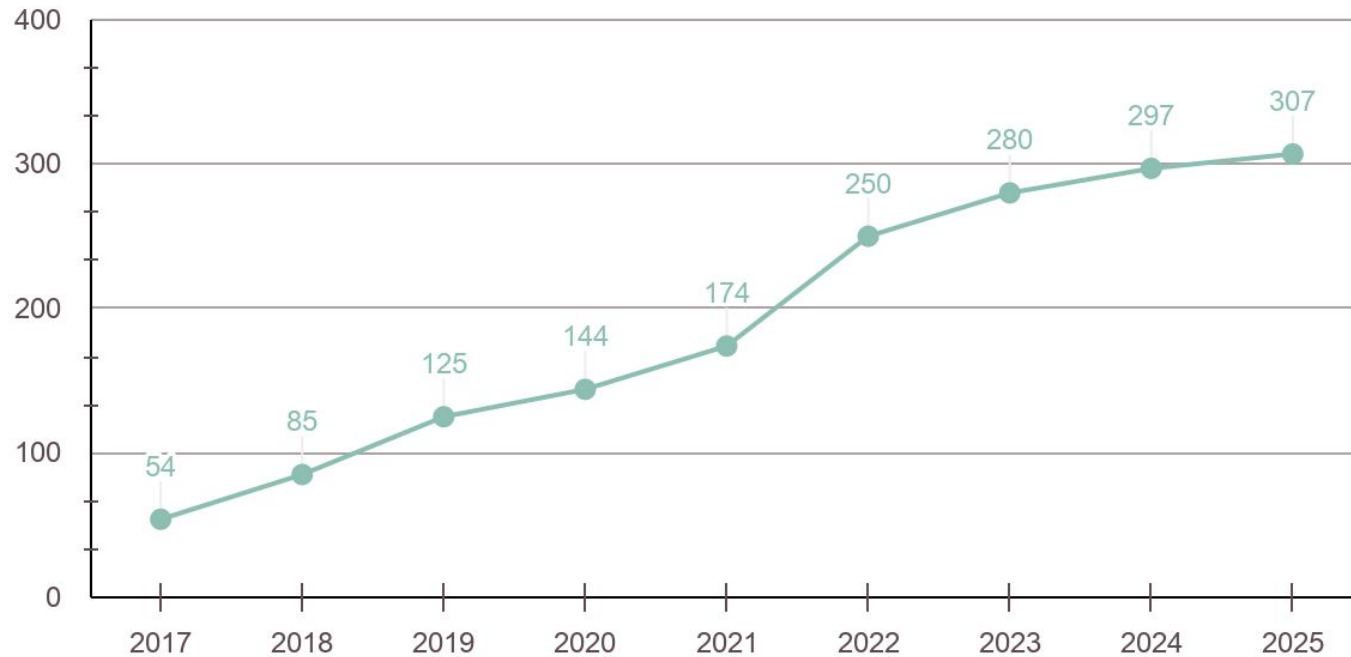
We also explored new collaborations and partnerships. While not all of these unfolded as we had hoped, they offered valuable learnings and reminders that experimentation is part of the journey.

2025 invited us to move with gentleness, to reconnect, and to keep nurturing the conditions for wholebeing – within ourselves, our work, and the communities we serve.

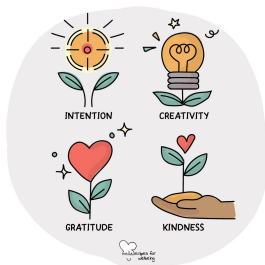


Wellbeing Recipes

Number of recipes published on our website between 2017 and 2025



Spotlight: Examples of new recipes



The 4 seeds of ritual



Pleasure questions game



5 perfectionist profiles



Dissolving the ego



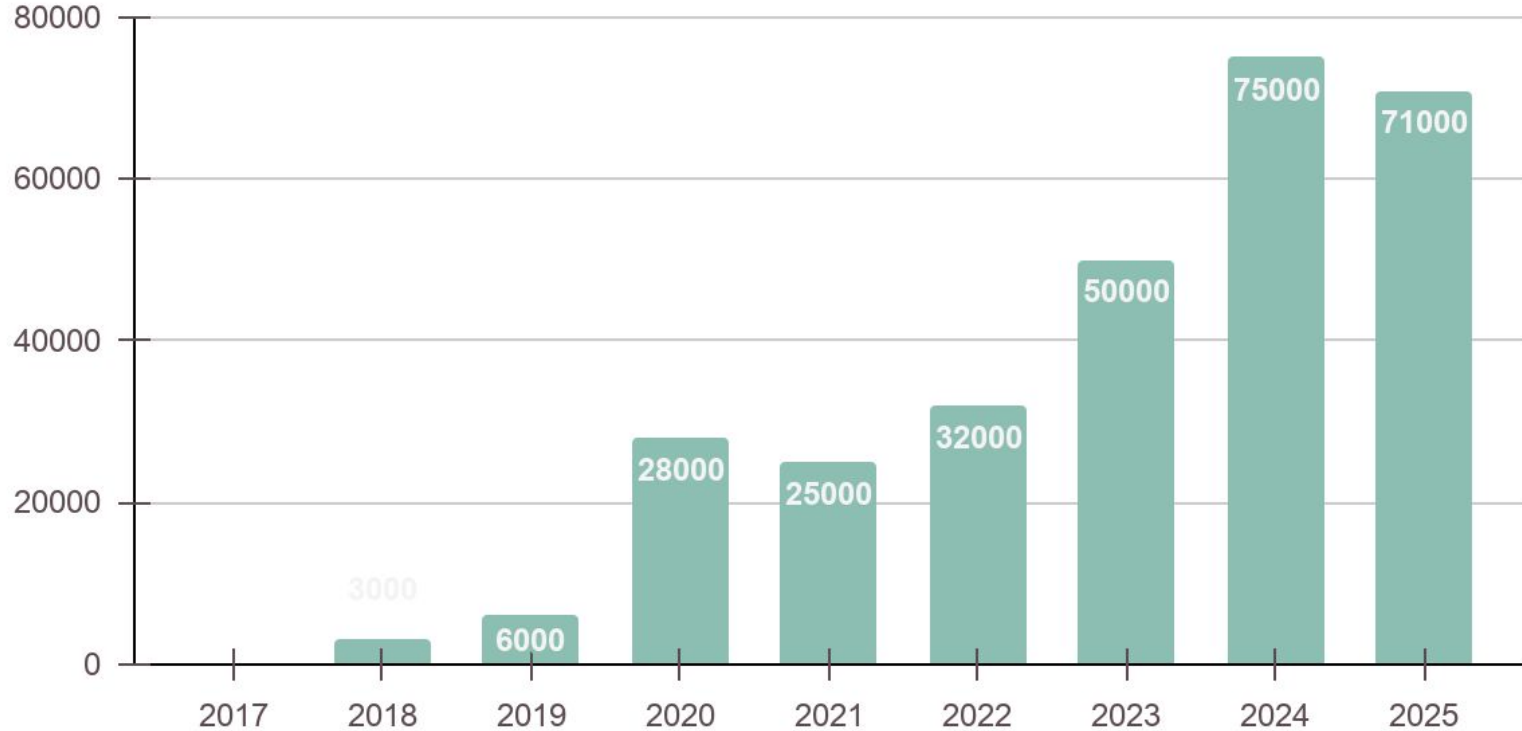
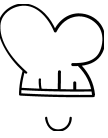
Inner message hunt



5 principles to guide
children's play towards
resolution

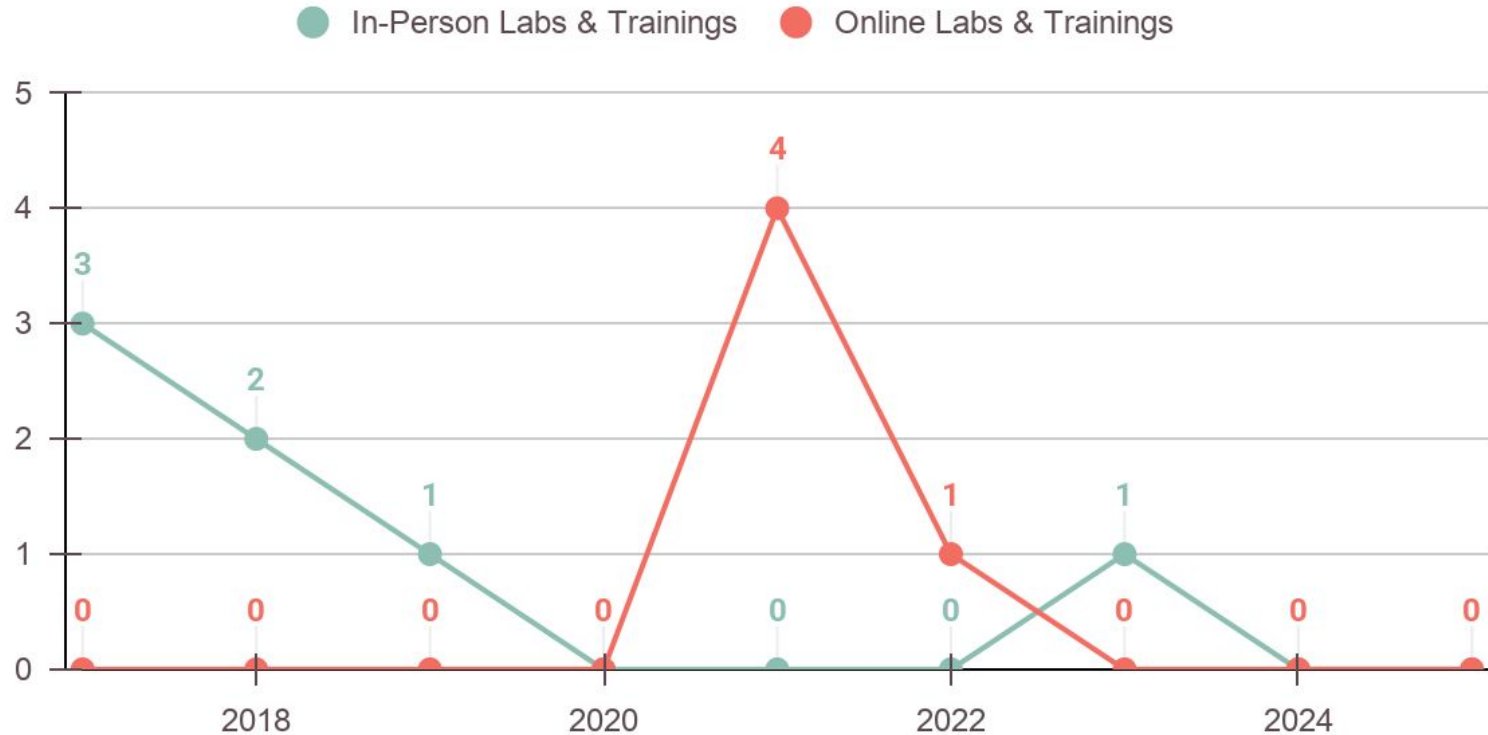
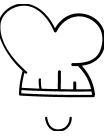
Website Visitors

Volume of unique website visitors between mid-2018 and 2025



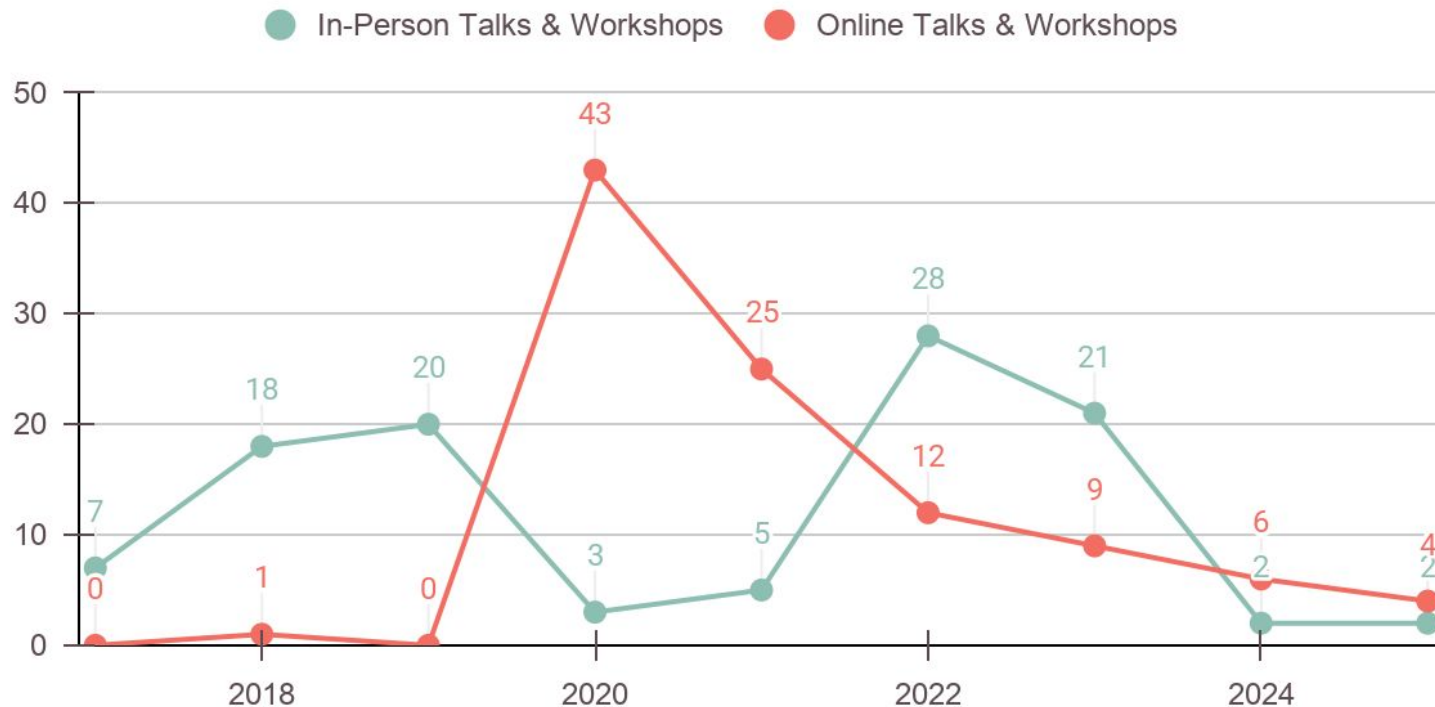
Wellbeing Labs & Trainings

Number of in-person & online wellbeing labs & trainings between 2018-2025



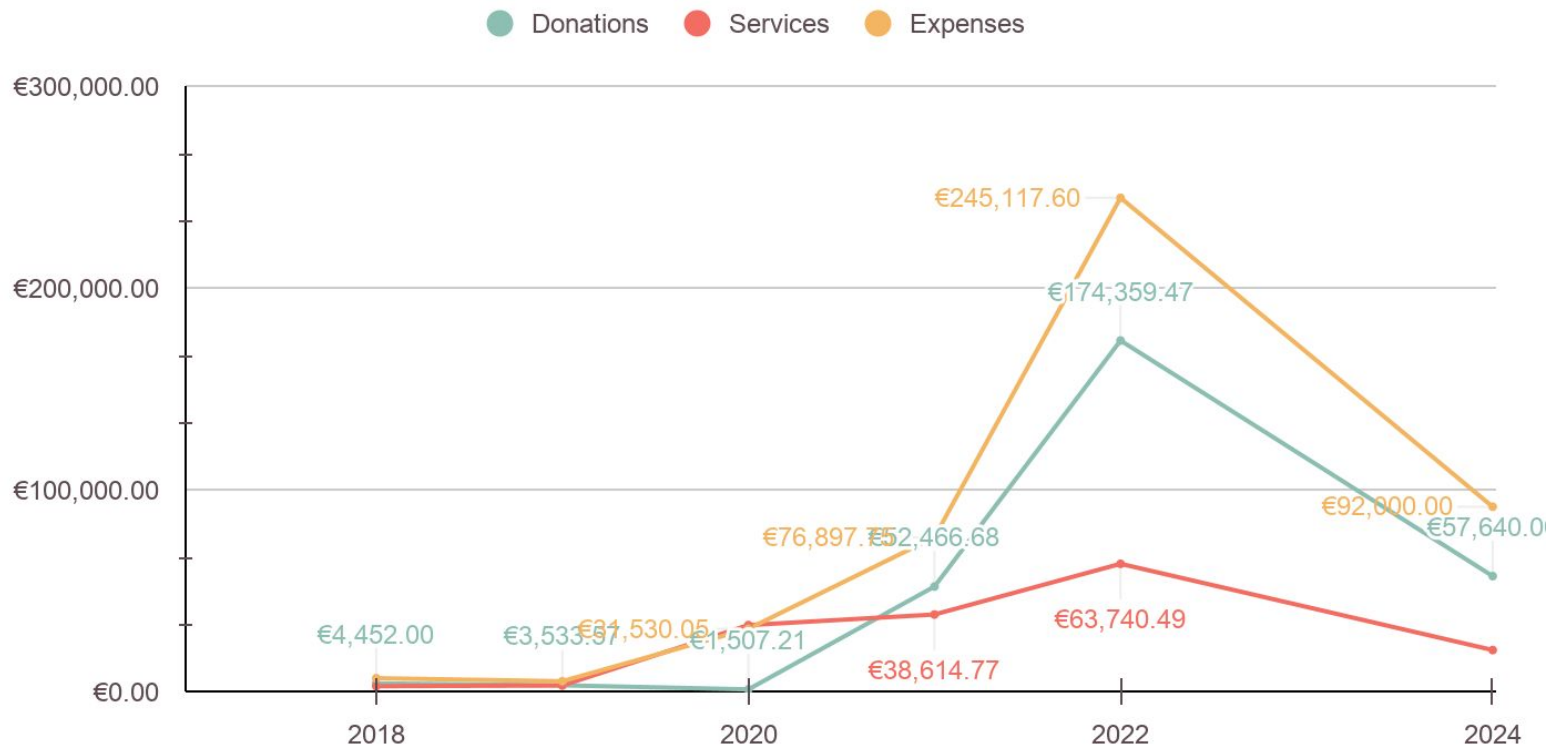
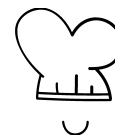
Talks & Workshops

Number of in-person & online talks & workshops delivered between 2018-2025



Financial Wellbeing

Financial statements from 2018 (year of inc.) until 2024.



What are we cooking for 2026?



2026 will be a year of new developments.

We will focus on making our **Wholebeing Framework**, its skills, and the connected recipes more accessible and easier to navigate – so that more people can engage with and benefit from this work in meaningful ways. At the same time, we will continue to nurture our growing library, with the intention of reaching **330 recipes**. We also aim to re-engage with social media to expand our reach and connect with an even wider community of changemakers aligned with our mission.

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 2025.

Alessia, Greta & Tariq



Image created by our Wellbeing Illustrator Heliana Lubis.

