

# *Welcome*

“The success of an intervention depends on the interior conditions of the intervenor”

*Bill O'Brien*

**We will start in a few minutes. As you slowly arrive:**

- Find a comfortable space and close your distractions
- Make sure you have your notebook handy
- Sit with this perspective and see what comes up for you 😊

# *Your Wellbeing Changemaker Hub Hosts*



Luzette  
Jaimes



Ada  
Andreoni

# *Group Introductions*

Share in the chat:

\*Your name

\*The place where you are calling from

\*A value that guides your life

# *Intentions For This Space*

**Connection:** Meet other wellbeing champions in our network with whom we can model, teach and advance wellbeing.

**Peer Learning:** Better understand how wellbeing impacts our work. Learn from each other's experiences. Develop together wellbeing approaches/recommendations for our teams, organization, and ecosystem.

**Alignment:** Develop a common understanding and vision for the work on wellbeing in our teams, organization and network.

**Making:** Become Ashoka's Wellbeing Community of Practice and Strategy.

# Wellbeing Changemakers Hub Sessions

- **Session 1 - Systems View:** How does Wellbeing connect with EACH and Systems Change? (December 14)
- **Session 2 - Individuals:** Inner Wellbeing & Social Change (January 18)
- **Session 3 - Organization & Teams:** Team and organizational Wellbeing (February 22)
- **Session 4 - Wellbeing Ecosystem:** Equitable Wellbeing: Building an Ecosystem of Support (March 22)



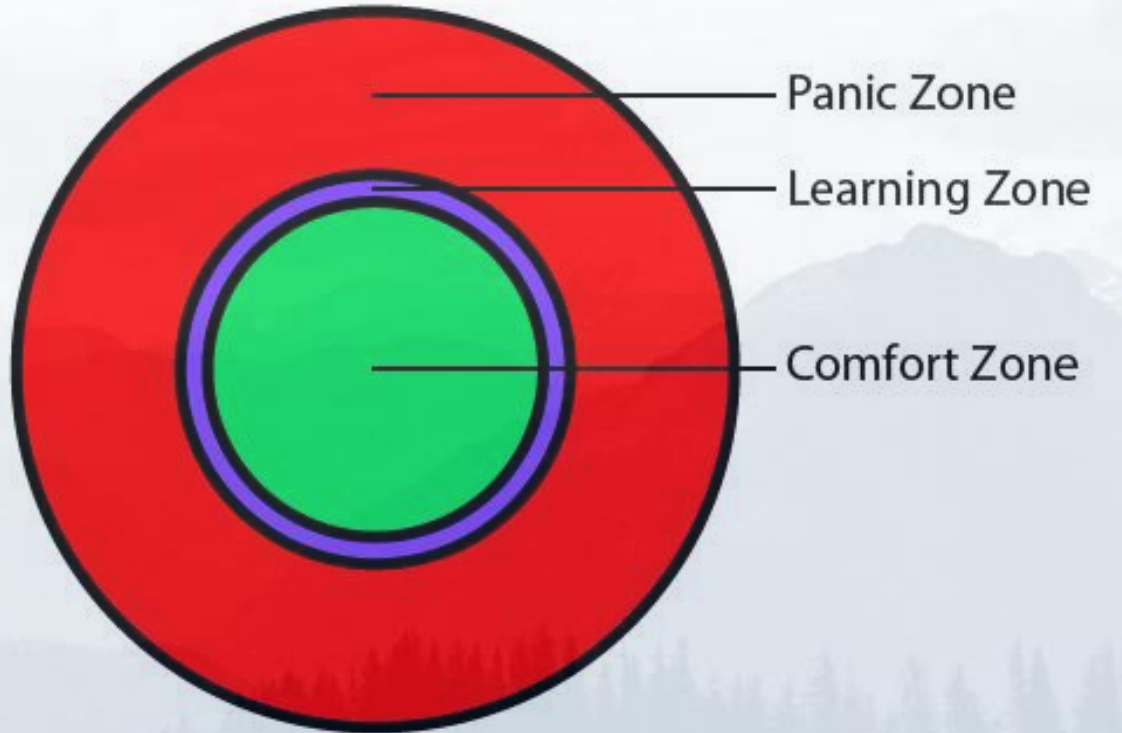
# *Today's Flow*

- 30min: Welcome & framing the space
- 50min: Wellbeing, EACH & Systems Change
- 35min: Group discussion & exchange
- 05min: Closing

# *You Decide What Feels Appropriate at the Right Time*

Where the  
magic happens

← Your  
Comfort  
Zone



# *Engagement Principles & Group Agreements*

to co-create a safe, caring and courageous learning for action space

Presence

Openness

Confidentiality

Speak from 'I'

Intent & Impact



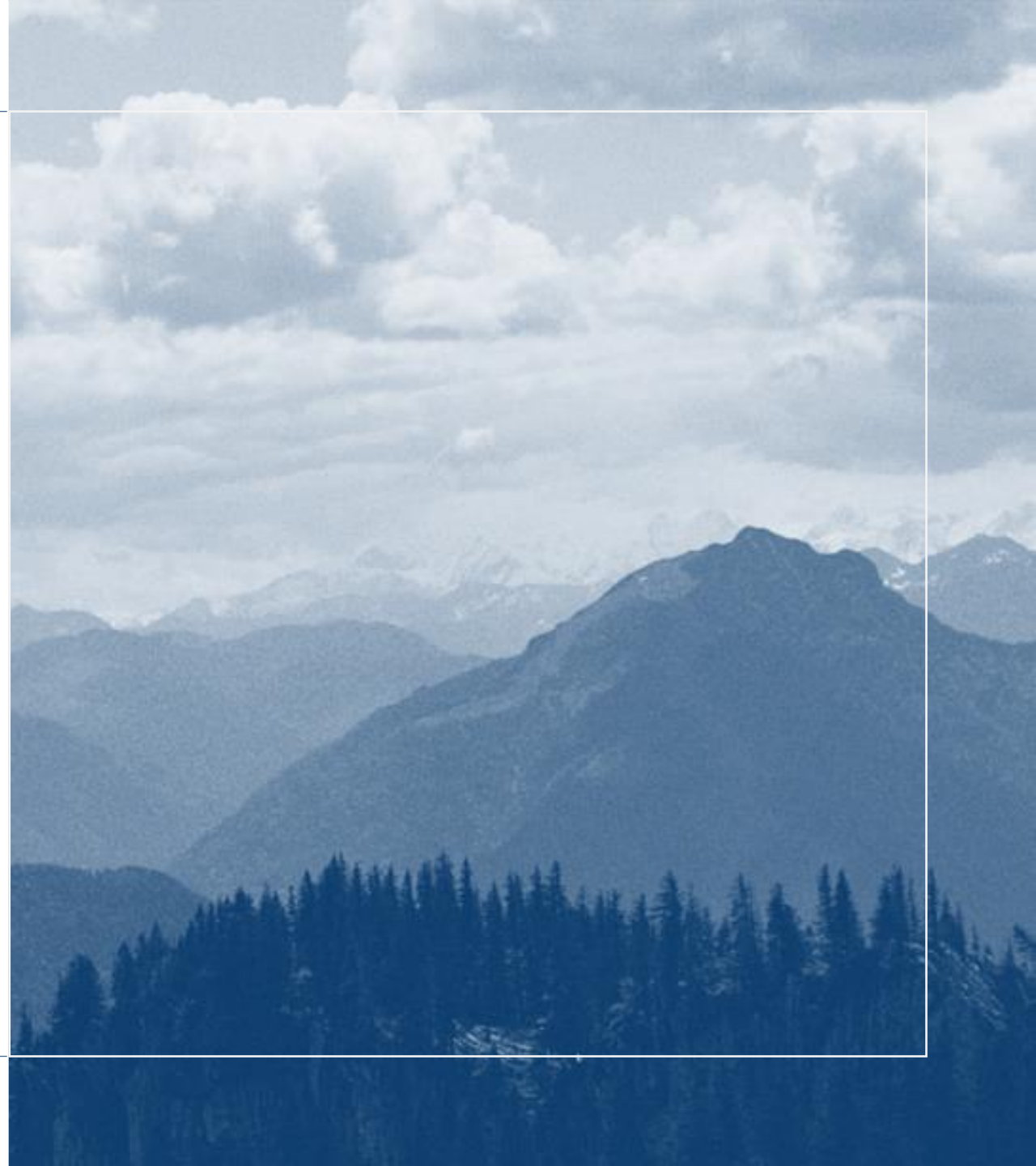
# *This Session Outcomes*

- We are clear about our **group's intention and process** for these conversations.
- We agree on what our **group needs to work well and be well** together.
- We have a **deeper understanding** of the connection between wellbeing, everyone a changemaker vision, and systems change.
- We recognize the **importance and opportunities of cultivating wellbeing** in our lives and work.

# *Reflection*

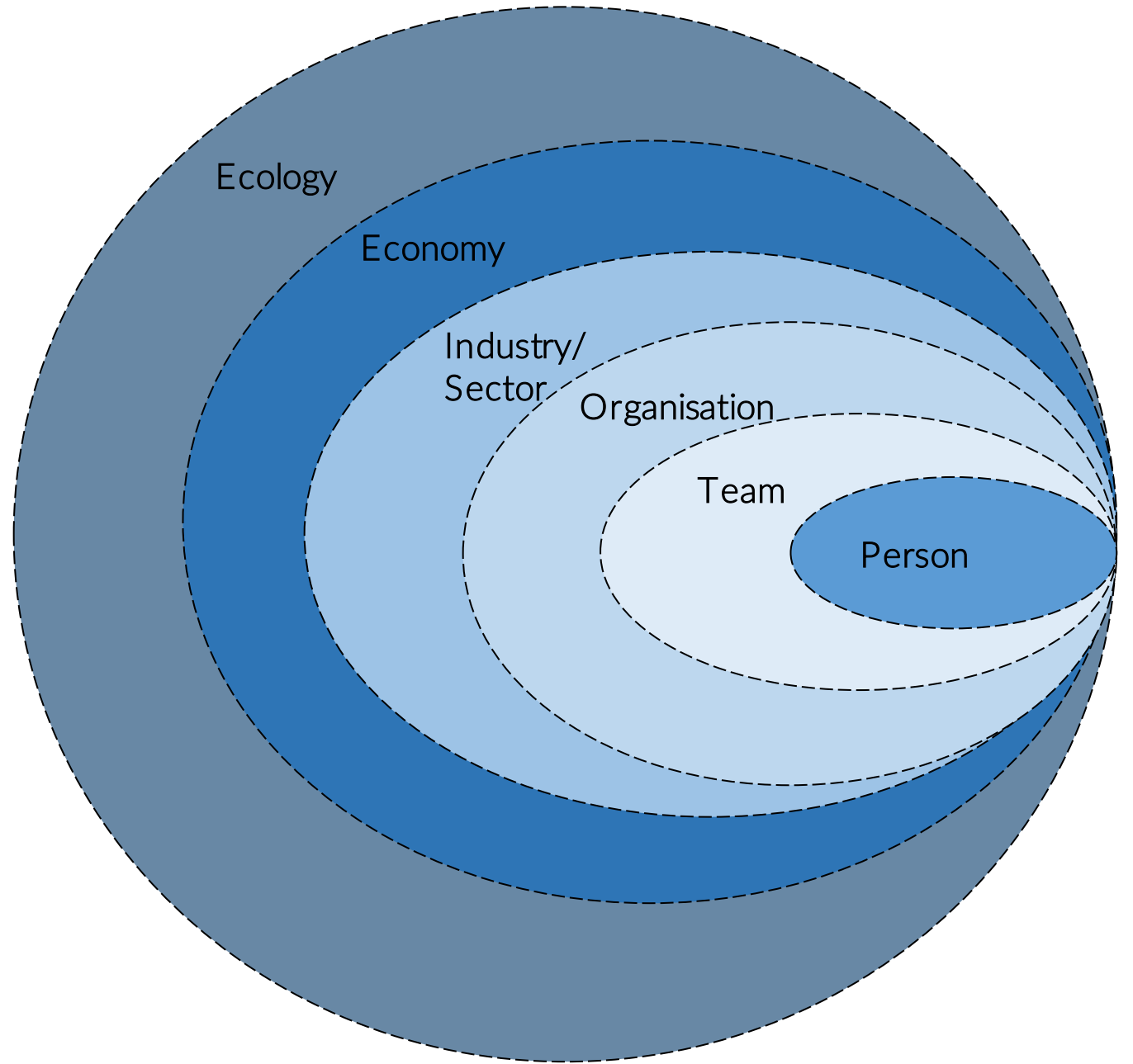
## WHAT DOES WELLBEING MEAN FOR YOU?

- 1min: Self-reflection
- 8min: Reflection in pairs
- 10min: Sharing back in plenary



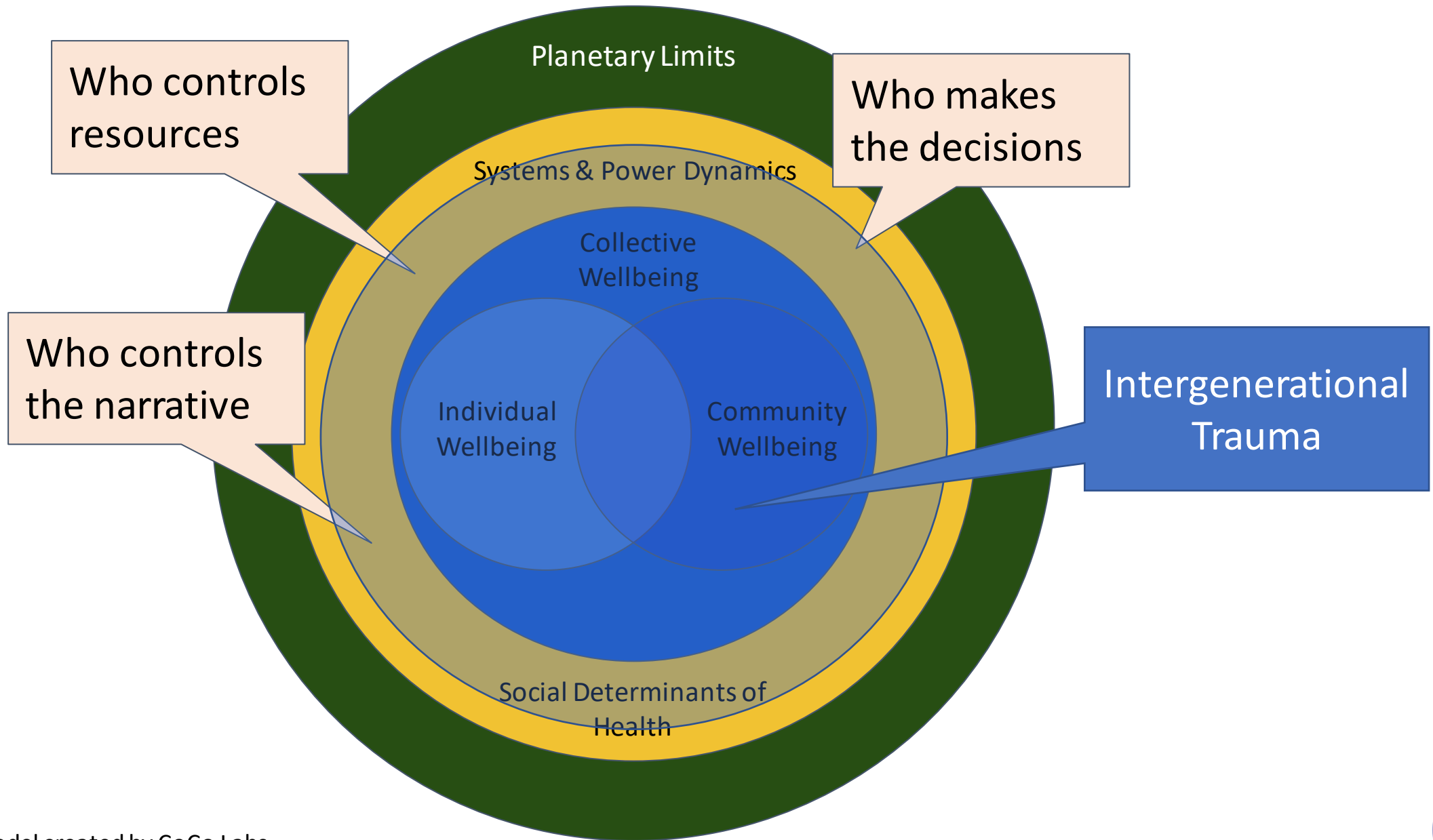
*Wellbeing,  
Everyone A Changemaker &  
Systems Change*

*My Wellbeing  
Is Impacted  
By Everyone's  
Wellbeing*











# *Quality of our life experience moment by moment*

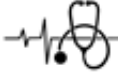




- Happens in **different levels**: Individual, Collective, Planetary
- It's **subjective**
- **Multidimensional**: Inner and Outer
- Depends on the **integration and balance of several factors** that are interconnected



# 8 Domains of Wellbeing:

							
<b>MINDSETS</b>	<b>PHYSICAL</b>	<b>MENTAL &amp; EMOTIONAL HEALTH</b>	<b>MEANING</b>	<b>CONTRIBUTION</b>	<b>RELATIONSHIPS &amp; COMMUNITY</b>	<b>RIGHT LIVELIHOOD</b>	<b>NATURE</b>

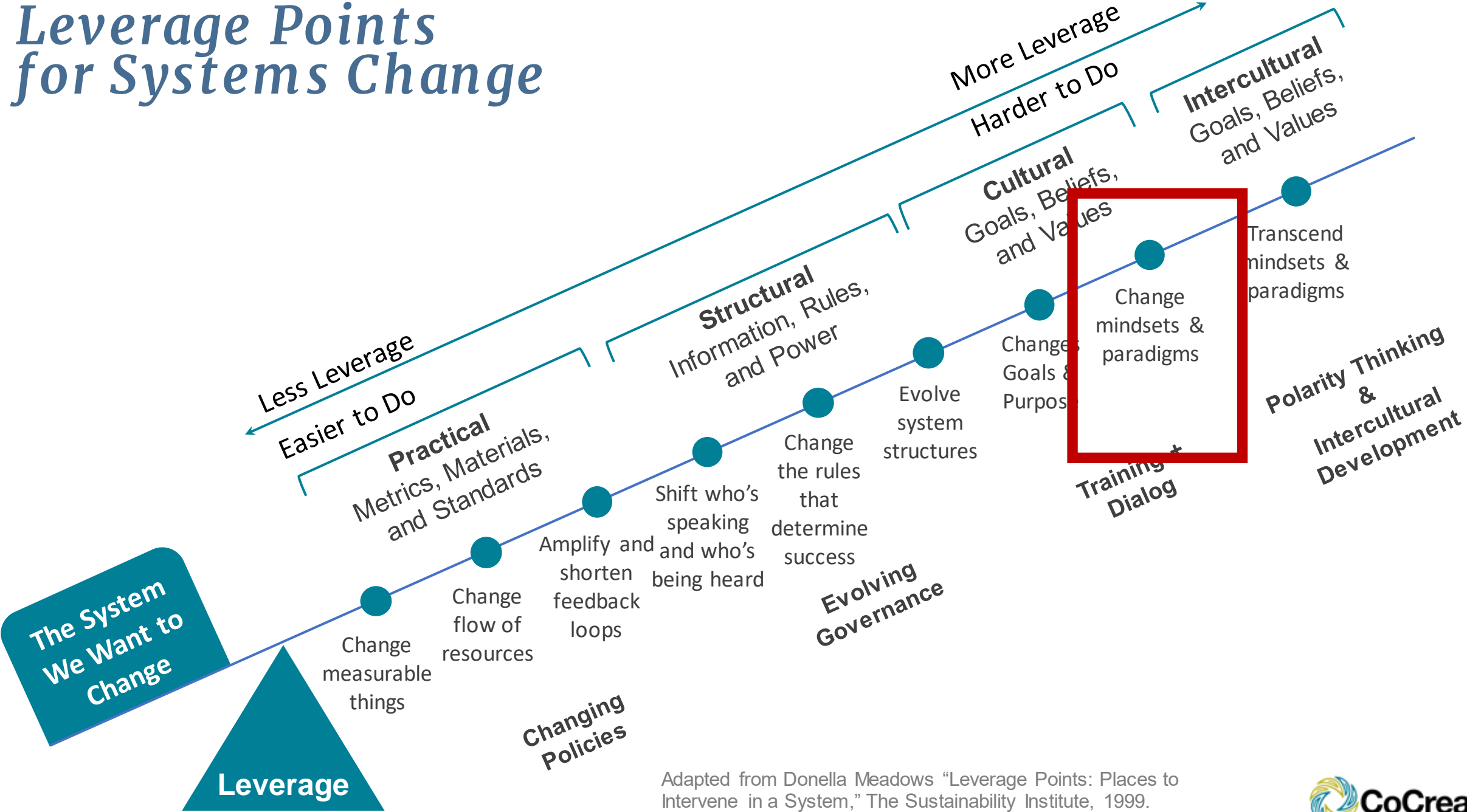
# 5 Social Determinants of Health\*:

				
<b>HEALTHCARE ACCESS &amp; QUALITY</b>	<b>EDUCATION ACCESS &amp; QUALITY</b>	<b>SOCIAL &amp; COMMUNITY CONTEXT</b>	<b>ECONOMIC STABILITY</b>	<b>NEIGHBOURHOOD &amp; BUILT ENVIRONMENT</b>
<p>The connection between people’s access to and understanding of health services and their own health. This domain includes key issues such as access to healthcare, access to primary care, health insurance coverage, health literacy</p>	<p>The connection of education to health and wellbeing. This domain includes key issues such as graduating from high school, enrollment in higher education, educational attainment in general, language and literacy, and early childhood education and development</p>	<p>The connection between characteristics of the context within which people live, learn, work and play, and their health and wellbeing. This includes topics like cohesion within a community, civic participation, discrimination, conditions in the workplace, and incarceration</p>	<p>The connection between financial resources people have - income, cost of living, and socioeconomic status - and their health. This area includes key issues such as poverty, employment, food, security, and housing stability</p>	<p>The connection between where a person lives - housing, neighborhood, and environment - and their health and wellbeing. This includes topics like quality of housing, access to transportation, availability of healthy foods, air and water quality, and neighborhood crime and violence</p>

\* [SDOH framework by the Centers of Disease Control and Prevention](#) – CDC

Determinants must be customized to a particular culture, society, geography.

# Leverage Points for Systems Change



Adapted from Donella Meadows "Leverage Points: Places to Intervene in a System," The Sustainability Institute, 1999.

A photograph of Earth from space, showing the continents of Africa and Europe. The Earth is illuminated from the right, casting a shadow on the left. The background is a dark, starry space.

*“We see the world not as it is, but as we are.”*  
*Anais Nin*

# *What stories I have that define:*

- WHO I AM A changemaker, a leader
- WHAT I DO IN THE WORLD Fight injustice
- WHO OTHERS ARE FOR ME People who need help
- WHAT THE WORLD IS Place of injustices

*Reflect on a moment in your life where your worldview or belief about who you are in the world changed.*

- What was that change?
- What impact did it have on how you showed up in the world?

# *Group Conversation*

5min self-reflection

30min group discussion

- What resonated for you and what did not resonate?
- How does the connection between wellbeing and Everyone a Changemaker shows up in your work?
- What challenges and opportunities do you see in this work?