

The Flourish Model and the Foundations of Wellbeing



All human beings have **developmental needs** that motivate them and help them to grow.

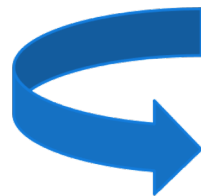
These start with feeling safe and secure, having enough to eat and drink and - most importantly of all - being able to make positive connections with others



We can then increasingly make sense of the world and our place within it

There are
seven core
human needs
that need to be
fulfilled for us
to feel whole

Starting at the
bottom



7 LEVELS

GROWTH

CONTRIBUTION

FULFILMENT

ENGAGEMENT

INDEPENDENCE

RELATIONSHIP

SECURITY



These needs are expressed through the physical, emotional, mental and spiritual aspects of what it is to be a human being



Depending on whether our early environments are supportive or limiting we will develop particular values and belief systems about ourselves and the wider world

Positive environments will result in positive mindsets and dispositions and the healthy development of the child's sense of wholeness and self



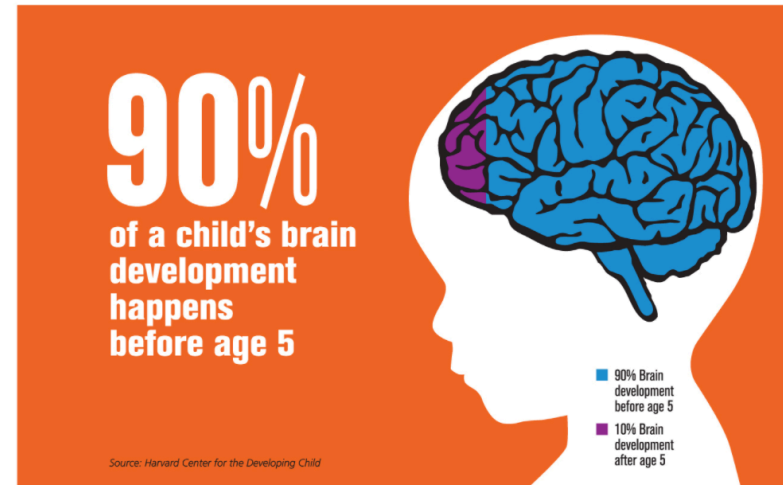
Difficult or negative environments will result in limiting mindsets and dispositions and the compromised development of the child's sense of wholeness and self



If fact we now know that our earliest experiences with our primary caregivers literally shape the architecture of our brains and how we then cope with stress

Uncontrollable stress in early life can affect gene expression and predict how we relate to others - **for the rest of our lives**

It's where nature meets nurture



Positive experiences within the environment will result in healthy growth and development



RELATIONSHIP

Nurturing, Care, Affection, Attention, Feedback, Support, Validation, Patience, Respect, Satisfaction, Emotional Fulfilment, Humour, Laughter

SECURITY

Safety, Positive Contact with Environment, Health, Positive Physical Growth, Positive Neurological Growth, Familiarity, Comfort



Negative experiences within the environment may result in compromised growth and development



Neglect, Lack of Attention, Lack of Connection, Isolation, Abuse, Exclusion, Distrust, Control, Undermining, Disrespect, Dislike, Dissatisfaction, Sadness

Threat, Insecurity, Negative contact with Environment, Fear, Disassociation, Vulnerability, Compromised Physical Growth, Compromised Neurological Growth





7 LEVELS

UNNATURAL GROWTH:

Potentially limiting mindsets and dispositions and the compromised development of the system as a whole



GROWTH

Disconnection, Flatness, Lack of Meaning, Lack of Purpose, Sense of Loss, Sadness, Yearning, Isolation, Loneliness, Diminishment, Stagnation, Anger

CONTRIBUTION

Feeling no-one cares, Anger, Frustration, Self-interest, Self-focus, Lack of concern for others, Greed, Arrogance, Superiority, Contempt

FULFILMENT

Boredom, Frustration, Lack of Interest, Apathy, Avoidance, Greed, Unhappiness, Discontentment, Depression

ENGAGEMENT

External Control, Rigidity, Predictability, Anxiety, Caution, Comfort with the Known, Addiction, Measurability, External Motivation, Need for Rewards, Pessimism

INDEPENDENCE

Reliance on Others, External Discipline, Duty, Impatience, Passivity, Confusion, Self-Doubt, Negative Body Image, Fear of Failure, Inferiority, Value linked to things, Challenge as Threat, Lack

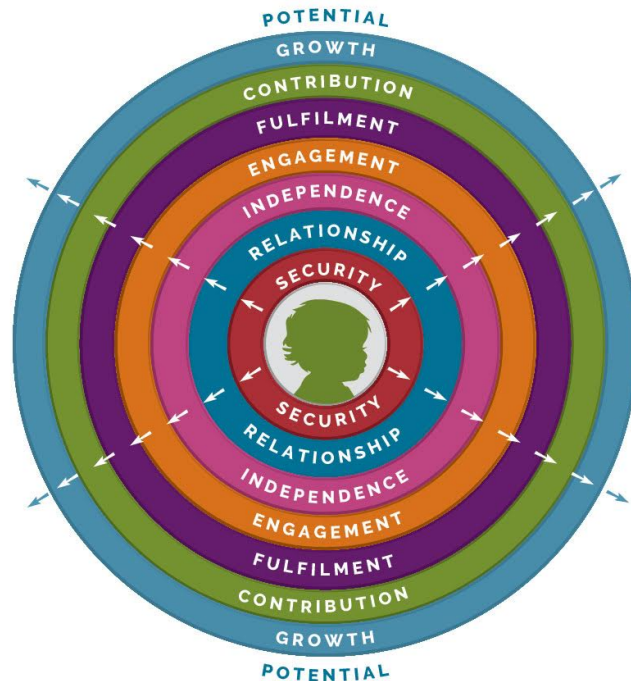
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SECURITY

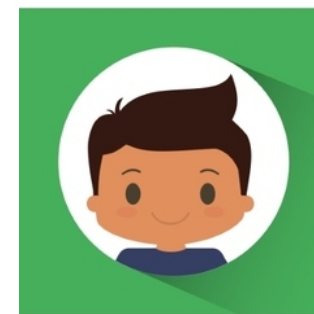
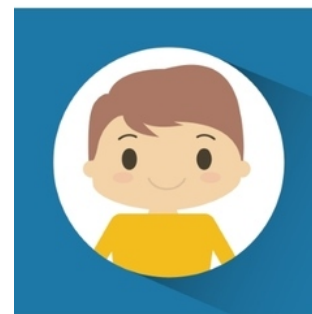
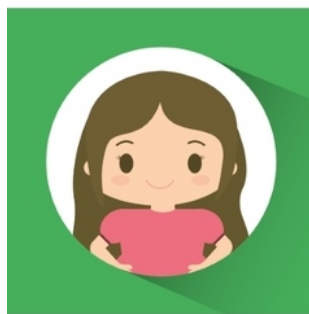
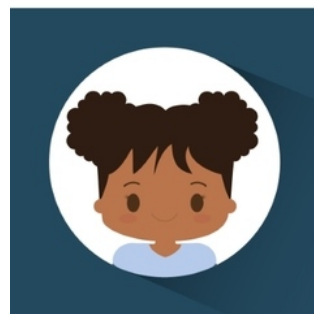
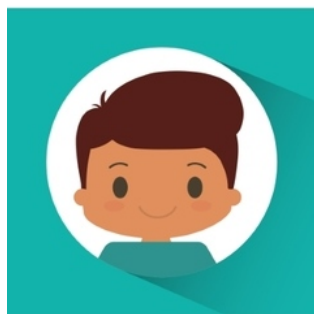
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So it's important that we fully understand and support the development of the Whole Child



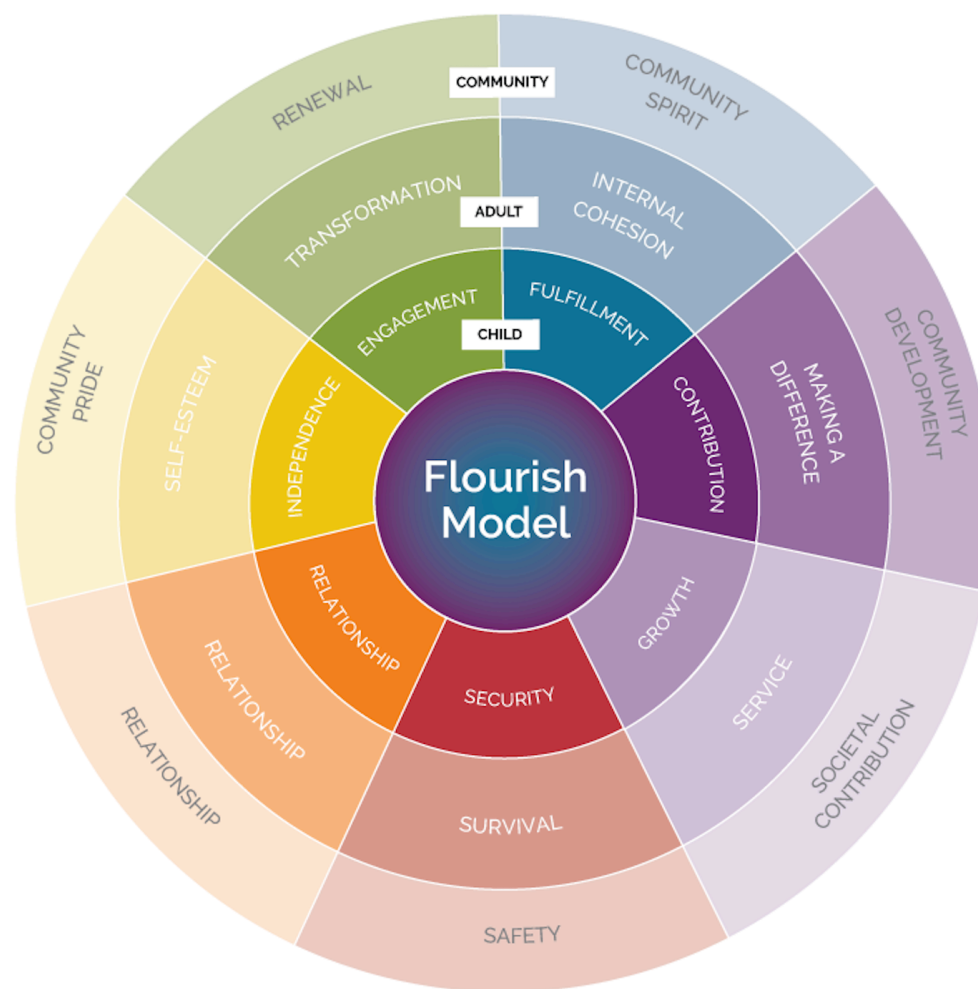
maximising capacities
fulfilling potential

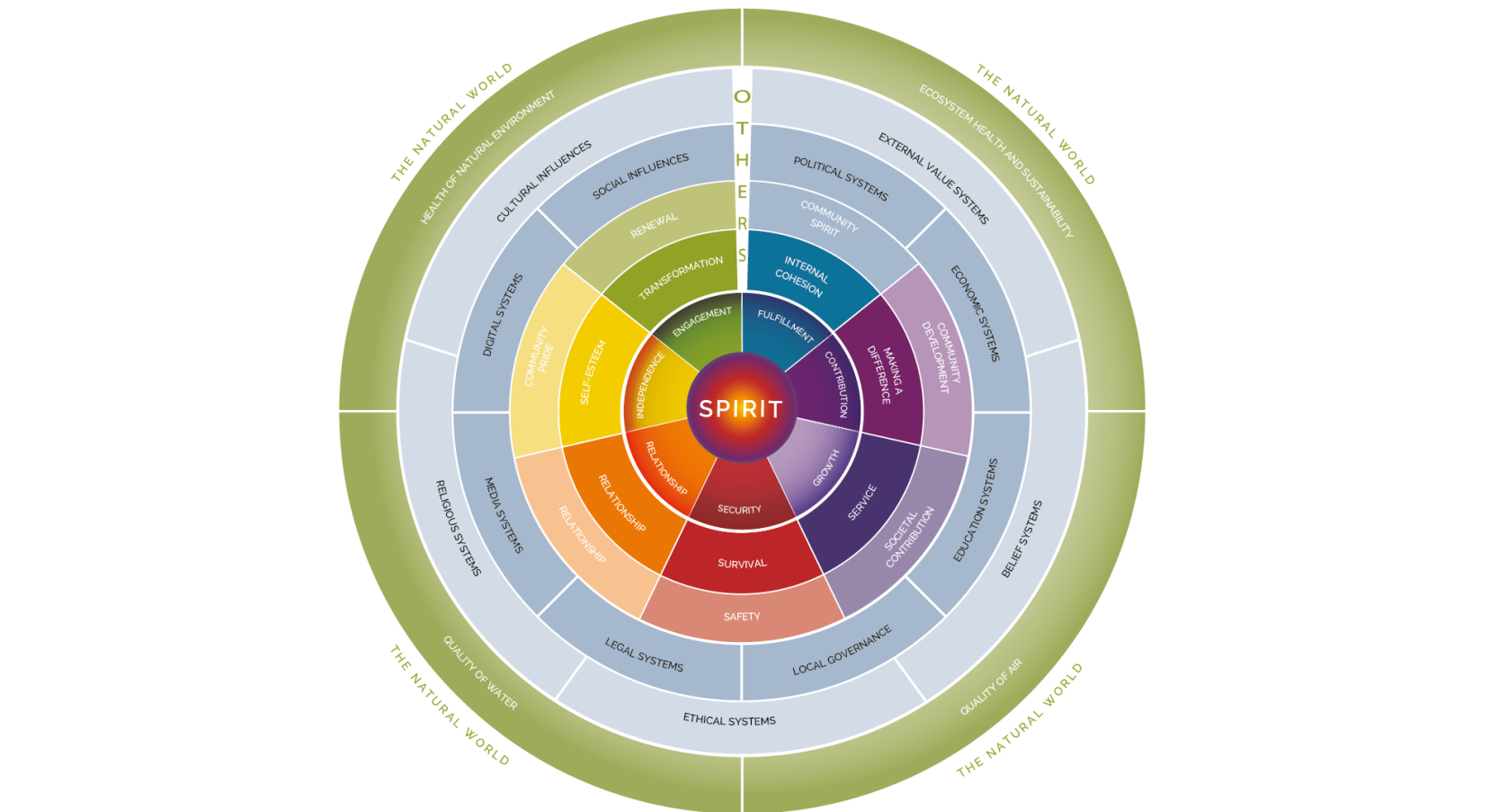
and enabling every child to become
the best version of his or herself



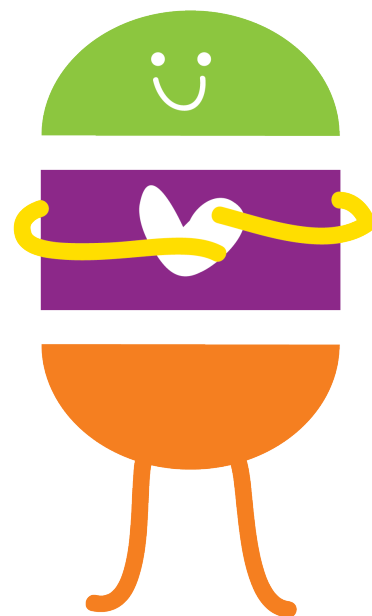
within a connected world of others







Wellbeing means...

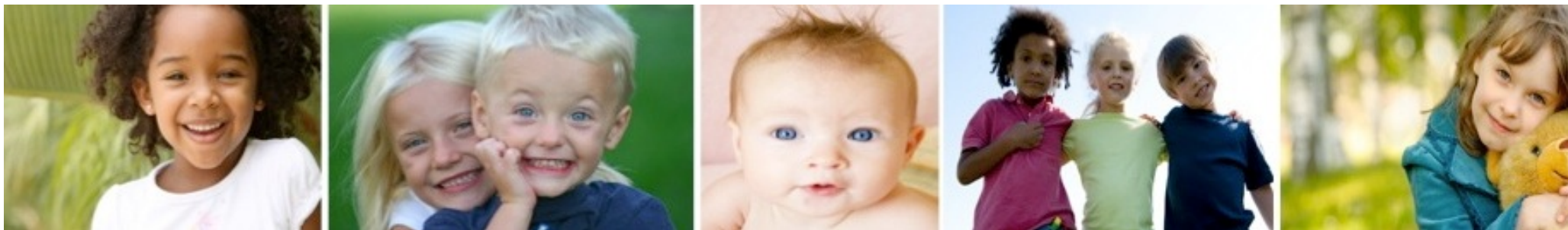


Caring for

Self

Others

The Natural World



www.flourishproject.net
contact@flourishproject.net

