

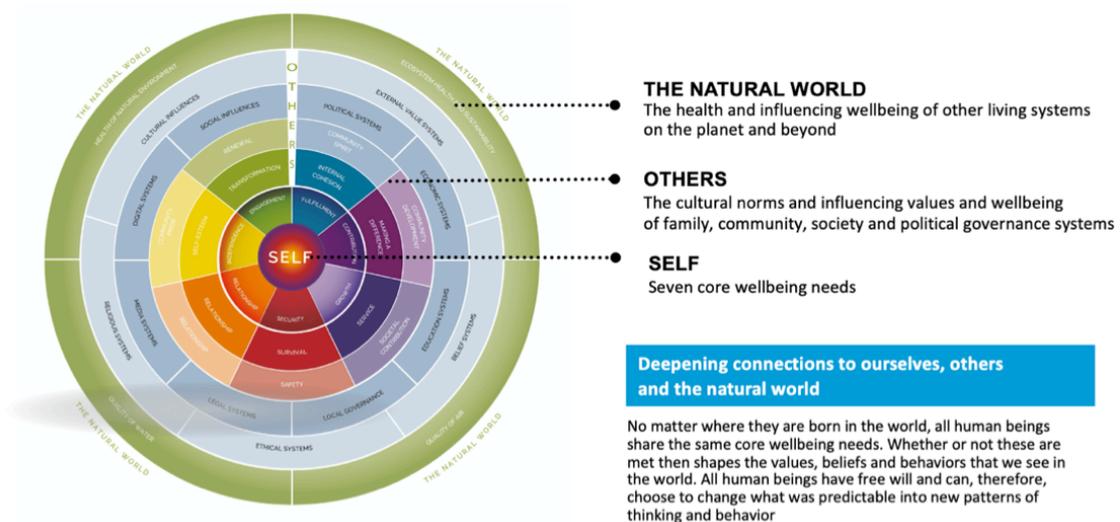
How is the Flourish Values Model different to other wellbeing approaches? What is so unique about it?

Wellbeing is increasingly being understood as both a uniquely personal process and also something that is intimately related to the larger whole.

Most global wellbeing frameworks currently focus on measuring and improving the specific individual outcomes and outputs of their interventions, whereas the Flourish Model is a dynamic and non-linear systems model that also explores the ASSETS and INPUTS of the whole system i.e. *what has shaped* people’s values, beliefs and mindsets, the promotion of self-awareness, identifying a person’s own physical, emotional, mental and spiritual assets, identifying and isolating deficits and liabilities and stimulating thoughts, conversations and learning about what makes a good and meaningful life. It highlights the huge importance of early human development and includes what nurtures both the inner and outer lives of children and adults.

The model promotes an understanding of the **ECOLOGICAL SELF** and is implemented as a holistic framework that shows the intimate relationship between self, others and the natural world.

The Ecological Self



As a whole-systems model, the Flourish framework enables the mapping of all seventeen of the Sustainable Development Goals (SDGs) from the perspective of child developmental wellbeing (*respecting and honouring both the spirit of today's child and that of the inner child that has shaped every adult in the world*)



It emphasises:

- the importance of always looking at the wellbeing of the whole system
- how human wellbeing is intimately connected to the wellbeing of others and the planet
- how outcomes and outputs need to be balanced within a context of assets and inputs
- how healthy brain architecture relies on positive early developmental environments and experiences
- how values, beliefs and behaviours are all shaped by early developmental environments and experiences
- how trauma is carried forward through the generations and the need for compassion-based, trauma-informed communities
- how states of wellbeing are always dynamic and responsive to individual meaning and interpretation
- how diversity is an essential aspect of unity
- how flourishing always involves personal challenge, struggle and growth and is more complex and interesting than states of simple happiness
- how we always have choice and do not have to be limited by our genes, our early conditioning, our stories or our labels
- how focusing on our preferred future helps us to create our preferred future

Flourish Model

