



# FLOURISHING SCHOOLS



## Wellbeing Guidelines



# FLOURISHING SCHOOLS



## The Flourish Model shows:

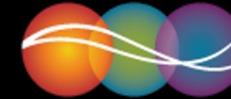
- that there are seven core needs that are essential for human wellbeing and vitality
- that we are all unique (just like everyone else!)
- that we are all connected - to others and the natural world
- and that everyone's wellbeing matters to the whole

1. Honour the Body
2. Connect
3. Be your Self
4. Meaningful Work
5. Balance and Flow
6. Contribution
7. Learning and Growth





# Core Concepts



## 1. HONOUR THE BODY

Safe and sustainable environment  
Healthy diet, sleep and exercise  
Healing the trauma patterns of the past  
Feeling into what's true  
Trusting your feelings



## 3. BE YOUR SELF

Courage and authenticity  
Personal agency and self-worth  
Resilience and adaptability  
Gender and sexuality  
I am more than what has happened to me



## 6. CONTRIBUTION

Participation/having a voice  
Sharing clear goals  
Sharing a common language and communication style  
The joy of co-creation



## 2. CONNECT

Deep Listening  
Self-Perception  
Fostering Empathy  
Respect of alternative worldviews  
Meeting people where they are at



## 4. MEANINGFUL WORK

Resourcing essential needs  
Clarifying values  
Fulfilling goals  
Novelty and creativity  
Embracing risk and failure



## 7. LEARN AND GROW

Accepting what is  
Nurturing humility and compassion  
Valuing the dark and the light  
Opening to change/transformation  
Dreaming in the Future  
Reimagining lives and possibilities



## 5. BALANCE AND FLOW

Self-expression  
Create your space  
Personal fulfilment  
Meaning and purpose  
The true meaning of success



# Core Practices



## 1. HONOUR THE BODY

- Eat healthily
- Get enough exercise
- Get enough sleep
- Limit screentime (especially before sleep)
- Practice daily stress relief breathwork



## 2. CONNECT

- Support your friends
- Be thoughtful about your background and biases
- Be fully there when others are suffering
- Don't project your worldview onto others
- Try to see things through other people's eyes



## 3. BE YOUR SELF

- Try to stand in your truth (even when it's hard)
- Know that you matter
- Learn from your mistakes
- Be proud of who you are
- Be more than your conditioning



## 4. MEANINGFUL WORK

- Be clear about your priorities
- Stick by your values
- Create achievable goals
- Build in fun and playfulness
- Embrace risk and failure



## 5. BALANCE AND FLOW

- Find ways of expressing who you are
- Create spaces that feel like you
- Find ways of doing what you love
- Find ways of pushing yourself to your limits
- Make success an inner, rather than an outer process



## 6. CONTRIBUTION

- Be fully present to others
- Seek places that you can offer your skills
- Help to define and shape group goals
- Be honest about the things that make you tense or uncomfortable
- Share your own thoughts and ideas about creating a better world



## 7. LEARN AND GROW

- Practice mindfulness
- Explore your family and cultural patterns
- Non-judgementally track your moods and stress-points
- Commit to regular weekly journaling/note-taking about what you have learnt
- Regularly tune-in and record what the perfect future would look like from your own perspective



# Inner Development Goals (IDGs)



## BEING – RELATING – THINKING – COLLABORATING - ACTING



### 1. HONOUR THE BODY

Sensorial skills  
Trust (your body and feelings)



### 2. CONNECT

Communication skills  
Empathy  
Inclusive mindset  
Inter-cultural competence  
Trust (of others)  
Mobilization/Co-operation Skills



### 3. BE YOUR SELF

Self-awareness  
Self-Regulation  
Courage  
Perseverance  
Optimism



### 4. MEANINGFUL WORK

Sense-making  
Critical thinking  
Complexity awareness



### 5. BALANCE AND FLOW

Creativity  
Presence  
Integrity and authenticity



### 6. CONTRIBUTION

Appreciation  
Connectedness  
Perspectival skills  
Co-creation skills  
Long-term orientation and visioning



### 7. LEARN AND GROW

Inner Compass  
Openness and Learning Mindset  
Humility  
Compassion

# FLOURISHING SCHOOLS

Wellbeing  
Guidelines

We all have the power  
to change and grow



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