

FLOURISH PROJECT



Right relationship with our Selves

Reconnecting with our sense of spirit
DNA / walking our ancestors
Our shared needs as human beings
Whole intelligence / whole-body learning
Mastery and independence
Creativity and flow
Resilience and bouncing back
Fulfilling capacities and potential
Ongoing learning and growth
Getting it right at the beginning

Right relationship with Others

The neurobiology of connection
Difference and sameness
Modelling and discovery
Resonance and attunement
Values, beliefs and behaviours
Reconnecting through equality
Cultural diversity as fundamental
The joy of contribution
Community Wealth Building

Right relationship with the Natural World

The web of Life
Wholeness and Unity
Understanding ourselves as part of nature
Our embodied link to the land
The impact of human activities
The link between local and global
Moving beyond 'individual' and separation
Understanding that we cannot be well if the planet isn't well
Regenerative wellbeing practices