THE TRIPLE WELLBEING® FRAMEWORK

LEARNING FOR LIFE. CULTIVATING CONNECTION.

Bringing together our extensive research and insights into the natural principles of thriving, we have developed a simple, powerful framework to support regeneration on a personal, professional and organisational level. The Triple WellBeing® Framework nurtures the perspectives, principles and practices we all need to engage and thrive in a new paradigm.

thinking

feeling

connecting

self-care

Explore what it means to be human and strengthen how we think and feel about ourselves.

SELF AWARENESS

Strengthening our ability to tune into our thoughts and feelings, search for blind spots and see ourselves clearly and authentically.

SELF COMPASSION

Learning to listen deeply to our needs and be actively kind to ourselves as we navigate our diverse human experiences.

RESILIENCE & AGENCY

Developing an intuitive sense of who we are in the world, with the capacity to act with authenticity and humanity.

people-care

Nurture relationships with the wider world and feel valued in and by our communities.

SOCIAL AWARENESS

Strengthening a critical mind to help develop curiosity about the diverse cultural perspectives and ways of life.

COMPASSION FOR OTHERS

Learning to listen deeply to diverse thoughts and feelings, empathising with different perspectives, values, mindsets and beliefs.

CITIZENSHIP & BELONGING

Practising systems-thinking to better understand interdependence and our impact in shaping society.

earth-care

Learn how to bring our lives back into balance with all natural living ecosystems.

ENVIRONMENTAL AWARENESS

Learning to think critically to better understand the root causes of the climate & nature crisis and our role in regeneration.

COMPASSION FOR NATURE

Learning to listen to the needs of the natural world and acknowledging our place as part of natural ecosystems.

NATURE CONNECTION

Nurturing and deepening our relationship with the rest of the natural world to support healthy ecosystems.



THE TRIPLE **WELLBEING**® **FRAMEWORK** COMPASSION FOR NATURE COMPASSION FOR OTHERS SELF-COMPASSION STARGINE NCER AND STARGE NING® ENVIRONMENTAL AWARENESS NATURE CONNECTION SELF-AWARENESS SOCIAL AWARENESS SYARACHISMS SELS-CHAS SPARACTISING PEOPLE CARE ENVIRONMENTAL WELLBEING BY PRACTISING EARTH CARE diag. **ThoughtBox**