

ThoughtBox

TRIPLE WELLBEING®

INTRODUCING
THE FRAMEWORK

ThoughtBox

**“You’re always practising something.
So you’re either practising
upholding the world as it is,
or you’re practising shifting into
the world as you want it to be.”**

adrienne maree brown

TRIPLE WELLBEING® FRAMEWORK

Triple WellBeing® is the balance of self, people and earth being well. Developed through almost two decades of active research into regenerative practice, the Triple WellBeing® framework supports a holistic way to nurture your inner-world, build caring communities and revitalise our planet.

The framework consists of three interconnected practices:



SELF-CARE: Nurturing your inner-world.

Recognising our own thoughts, feelings and needs strengthens us to care for all.



PEOPLE-CARE: Building caring communities.

Deepening our understanding and connection to others builds a happier, fairer world.



EARTH-CARE: Revitalising our planet.

Supporting the needs of the wider natural world helps us all to bring our lives back in balance.

These three practices combine with three core skills:



HEAD: Thinking critically and contextually.

Learning to ask questions, reflect deeply and explore different viewpoints widens our levels of awareness.



HEART: Feeling and sensing emotions.

Nurturing emotional intelligence and tapping into felt experiences strengthens empathy and compassion.

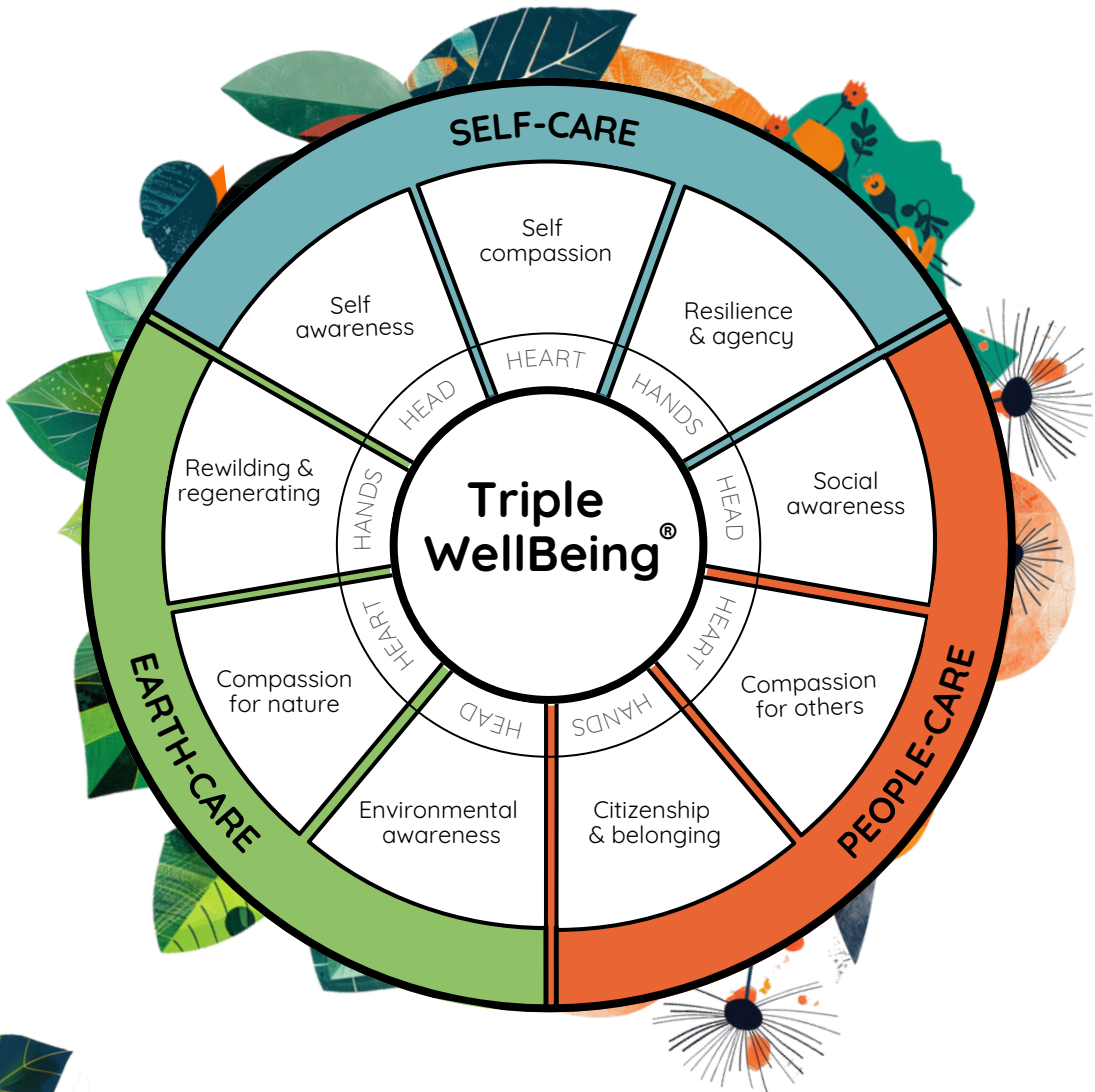


HANDS: Connecting and relating with the world.

Becoming active and engaged deepens our sense of connection and belonging with the wider world.

TRIPLE WELLBEING® FRAMEWORK

Three core practices (self-care, people-care and earth-care) combine with three core skills of thinking (head), feeling (heart) and relating (hands) to create **nine core competencies**.



Self Awareness

PRACTICE: self-care | FOCUS: head

Self awareness is our ability to perceive and understand the qualities that make us unique as individuals, such as our thoughts, feelings, actions, values, beliefs and emotions. A well developed capacity for self awareness makes it possible to actively regulate the relationship between our internal (spontaneous) processes and external actions and to better understand who we are, how we feel and why we act in the way that we do.



Self Compassion

PRACTICE: self-care | FOCUS: heart

Self compassion is the practice of viewing ourselves with a non-judgmental and supportive lens. Different to self pity, self compassion is fundamental to a sense of personal care and empowerment. This competency supports a stronger sense of self worth through a firm belief in our unique qualities, our unique ways of being and the intrinsic value of our existence.



Resilience & Agency

PRACTICE: self-care | FOCUS: hands

Resilience and agency are developed when we are consciously engaged in building healthy, active relationships with ourselves and others. Resilience comes from understanding we are not alone in this world, and that we grow through our connection to others. Like a muscle, resilience is strengthened the more we allow a deeper sense of relationship with ourselves and the wider world to unfold, energising us to be active and engaged.



Social Awareness

PRACTICE: people-care | FOCUS: head

Social awareness is the ability to observe, appreciate and accept similarities and differences between diverse peoples and cultures, both locally and globally. It is because of rich diversity that healthy communities are able to flourish. By embracing and celebrating diversity within our local and global communities, we are enabling and enhancing the richness of healthy human ecosystems.



Compassion for Others

PRACTICE: people-care | FOCUS: heart

Compassion for others is the ability to feel and understand other people's needs, and to respond with kindness and a desire to support their wellbeing. Connecting empathically with people in our local and global communities helps to form strong, healthy relationships with each other and with the many different communities that we are part of and connected to.



Citizenship & Belonging

PRACTICE: people-care | FOCUS: hands

A 'citizen' is someone who more actively contributes to society and recognises that we are all interconnected - both locally and globally. Citizenship welcomes us to participate actively in our communities, to see ourselves as part of a larger community, to feel a sense of belonging to something much bigger than ourselves.



Environmental Awareness

PRACTICE: earth-care | FOCUS: head

Environmental awareness welcomes us to appreciate the interconnectedness of all living things and the ripple effects of our actions in the world. By deepening our awareness of the beauty and wonder of nature, we are more drawn to protect and care for the planet, taking conscious action to support healthier ecosystems across the natural world.



Compassion for Nature

PRACTICE: earth-care | FOCUS: heart

Compassion for nature invites us to have a deep and caring relationship with the rest of the natural world, developing empathy and respect for all life. Having compassion for nature appreciates the inherent value and interconnectedness of the wider the natural world - treating our planet with kindness and compassion, rather than as a resource to be exploited or a commodity to be consumed.



Rewilding & Regenerating

PRACTICE: earth-care | FOCUS: hands

Rewilding and regenerating welcomes us to be living in balance with the planet by supporting the needs of the rest of nature. Rewilding is an invitation to welcome harmony back into the natural world, acting as an ally to support healthy ecosystems across our planet. By considering the needs of nature through our own actions, we help to support a regenerative and sustainable future for all life.



TRIPLE WELLBEING® COURSES

Our in-person and online training programmes offer a chance to dive deep into the Triple WellBeing® approach.

Triple WellBeing® Foundations

This one day workshop (online or in-person) offers a practical approach to respond to the social, emotional and environmental issues we face in our world. Using the Triple WellBeing® framework as our guide, learn how to embed these core competencies into your life and organisational contexts.

[Learn more](#)

“An enlightening, practical, helpful and inspirational training day.”

- Jill Howard, Director of Education Services, Society of Heads

Triple WellBeing® Fellowship

This one year programme brings together practitioners from across the world to explore how to transform lives and learning communities using the Triple WellBeing® competencies. Working closely with a network of peers, you will engage in personal practice, action research and regular online coaching sessions to learn, grow, share and support each other along the journey to create a culture of wellbeing for people and planet.

[Learn more](#)

Triple WellBeing® Conversations

This 2 hour online workshop helps develop the confidence to lead open, supportive discussions with young people about our changing world, strengthening resilience and learning to connect more deeply with ourselves, each other and the planet.

[Learn more](#)

TRIPLE WELLBEING® RESOURCES

Our resources can be used across a variety of personal and professional contexts, and with a wide range of ages.

Triple WellBeing® Cards



The card deck contains 27 easy-to-follow daily practices designed to enhance your journey of self-awareness, deepen your relationships with others and connect you to the wonders of nature.

[Learn more](#)

"High quality, easy to use and highly informative.

The innovation and relevance of these lessons has enhanced our curriculum exponentially."

- S Hosty, Assistant Headteacher,
Manchester Health Academy

Triple WellBeing® Curriculum

The discussion based curriculum contains 18 unique topics (6 for each care-practice) to help young people immerse, understand, explore perspectives and feel resourced and empowered to be shaping their futures in a healthier world.

[Learn more](#)

Triple WellBeing® Storybooks

Triple WellBeing® storybooks take young readers on exciting adventures that show them why caring really matters. Through simple yet profound animal stories, they learn how to care for themselves, others and the rest of the natural world.

[Learn more](#)





TRIPLE WELLBEING® COMMUNITY

“We’re not waiting for change, we’re nurturing it from within.”

Many educators feel the urgent need for a reset in our education system, yet face obstacles that seem overwhelming. By joining our community of practice, you’ll discover the inspiration, support and resources to transform teaching and learning in your unique setting, regardless of the hurdles.

This global community offers an unwavering sense of inspiration, belonging and connection, cultivating new skills and strategies for you and your wider learning community.

Join the community in the Triple WellBeing® Hub for regular meetups where educators come together, feel supported and inspire change collectively. It’s free to join and everyone is warmly welcome.



Monday: Start with Gratitude

Kickstart your week by cultivating positivity and resilience through our morning gratitude practice.



Tuesday: Lunchtime Live-Stream

Recharge and stay balanced with Holly’s 10-minute live Triple WellBeing® session.



Wednesday: Stories of Triple WellBeing®

Draw inspiration from global educators’ stories and deepen your connections in our monthly Fireside Chats.



Thursday: ThoughtClub

Engage in thought-provoking 30 minute conversations on Triple WellBeing® topics.



Friday: Celebration and Reflection

Celebrate your weekly achievements and reflect on progress, sharing successes and learning with fellow educators.



The logo for ThoughtBox, featuring the word "ThoughtBox" in a white, sans-serif font. The letter "T" is stylized with a vertical bar on its left side, divided into three colored segments: blue, orange, and green. The background is a vibrant, abstract illustration with a central globe held by two hands, surrounded by silhouettes of people, birds, and trees in shades of green, orange, and blue.

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