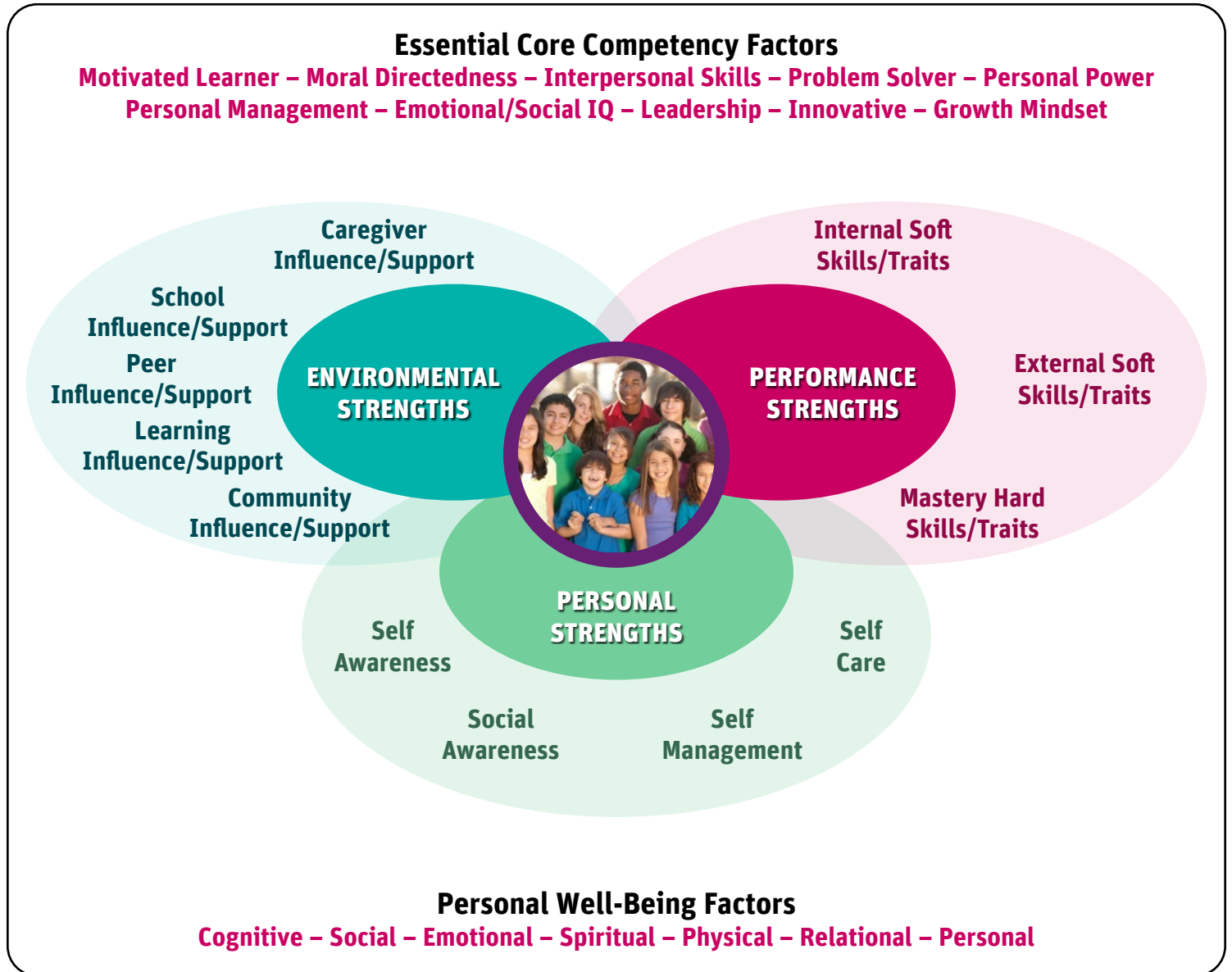


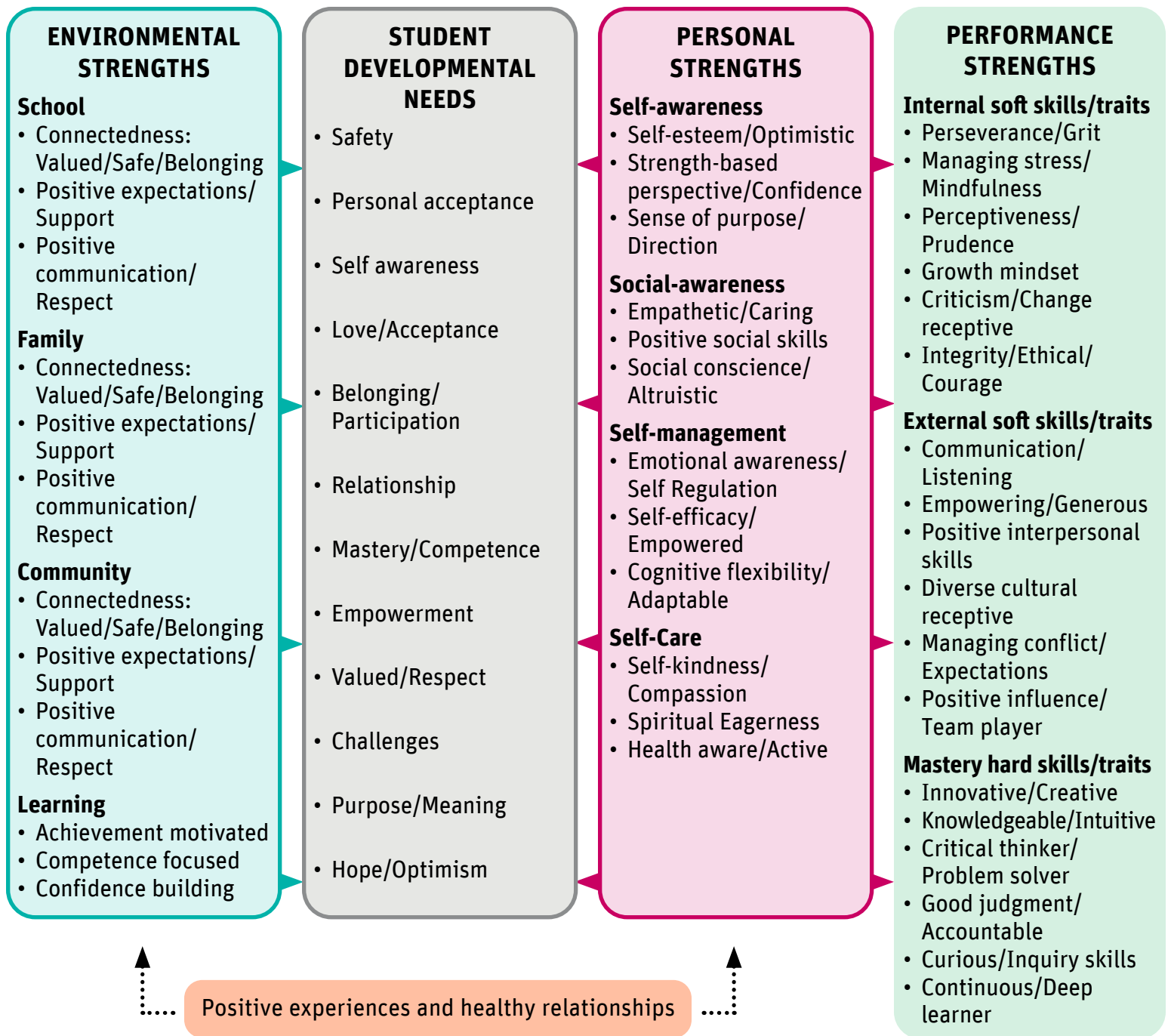
# Flourishing Life framework

The Flourishing Life framework offers a holistic student and school community strengths-based approach that contributes to optimal student development, well-being, and educational outcomes. Public Health Sudbury & Districts adopted this framework as a lens through which we connect with our school and early years communities. This framework includes three major pillars of flourishing and well-being—Personal, Environmental, Performance Strengths, helping children and youth be the best they can be, thrive, and flourish.

**Figure 1: The Flourishing life framework**



When supported by caring and predictable relationships, students feel connected, safe, and valued. They can learn about their personal, environmental, and performance strengths and feel capable to use them in more positive ways. Flourishing and experiencing well-being is a progressive and unique process that evolves over time. It is unique to each student. The more strengths a student has, the greater their capacity to be resilient and flourish when faced with life challenges.



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 Flourishing and Well-Being Model and Applied Practice Framework.  
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