

WELLBEING XYZ

A Complete System for Human Flourishing

More Than Stress Management

Wellbeing XYZ is a comprehensive online professional development system that goes far beyond conventional wellbeing training. Developed by Dr Neil Thompson — author, educator and visiting professor at the Open University — it integrates psychology, spiritual depth and life wisdom into a single structured learning journey. Where typical programmes stop at stress management, Wellbeing XYZ addresses the full spectrum of what it means to live and work well.

Science, spirit and wisdom — because professionals who care for others deserve more than stress management.

The XYZ Framework

X

THE SCIENCE

Y

THE SPIRITUAL DIMENSION

Z

THE ART OF LIVING WELL

X — The science. Eight modules grounded in the PERMAH framework of positive psychology — Positive Emotions, Engagement, Relationships, Meaning, Accomplishment and Health — translating robust research into practical everyday strategies.

Y — The spiritual dimension. An inclusive, non-religious exploration of transcendence, awe, purpose and meaning — fully accessible whether you are religious, spiritual but not religious or entirely secular.

Z — The art of living well. Life wisdom drawn from philosophy and lifespan development — navigating transitions, ageing, mortality and legacy, and shaping a personal philosophy for a life well lived.

Who Is It For?

Social Work & Social Care Professionals

People who routinely put others' needs first, face high emotional demands and encounter profound questions of suffering and meaning in their everyday work. This programme was built with precisely those realities in mind.

Managers, Leaders & HR Professionals

Those whose work makes exceptional demands on them — including business professionals in caring and people-facing roles — seeking sustainable flourishing for themselves and the people they lead.

Available for Individual Purchase or Organisational Licensing

Why Trust This Programme?

45+

Years' Professional Experience

50+

Books by Dr Neil Thompson

9+

Hours of Expert Video Content

Turn Over for the Full Programme Breakdown →

What Makes It Different?

- ✓ A complete framework – body, mind, relationships, meaning, spirit and wisdom, not just stress reduction techniques.
- ✓ Willing to address what other programmes avoid – suffering that cannot be eliminated, shadow work, ageing, mortality and dying well.
- ✓ Evidence informed but wisdom enhanced – combining peer-reviewed research (Seligman, 2011; Butler and Kern, 2016) with the insights of Aristotle, Frankl and the great wisdom traditions.
- ✓ Systematic, not just educational – a structured 25-step process across five phases ensures genuine application and integration, not just knowledge acquisition.
- ✓ Built on Rooted Routines – a sustainable habit formation methodology that anchors small, powerful practices to your existing daily life.

‘Because professionals who serve others deserve more than stress management – they deserve to truly flourish.’

What’s Included

- ✓ Ten in-depth learning modules plus four programme-level units, with over nine hours of expert video content.
- ✓ A comprehensive participant workbook with reflection prompts, practice templates and a personal life philosophy framework.
- ✓ Three self-assessments to track your progress across the twelve months.
- ✓ The Wellbeing Ripple – a workplace application that extends your learning to your team and organisation.
- ✓ A three-month post-completion review to consolidate lasting change.

About the Author

Dr Neil Thompson (PhD, DLitt, CMgr) has over 45 years’ experience in the people professions and has more than 50 books on wellbeing, workplace matters and the helping professions to his name. Wellbeing XYZ distils that lifetime of scholarship and practice into a single transformative programme, delivered through the Neil Thompson Academy.

Take the Next Step

Flexible delivery options are available for individuals and organisations, including organisational licences for teams and departments.

To find out more, register your interest or discuss an organisational pilot, visit –
www.NeilThompson.info/wellbeing-xyz

WELLBEING XYZ

Science, spirit and wisdom for a life well lived