Future™ Wellness

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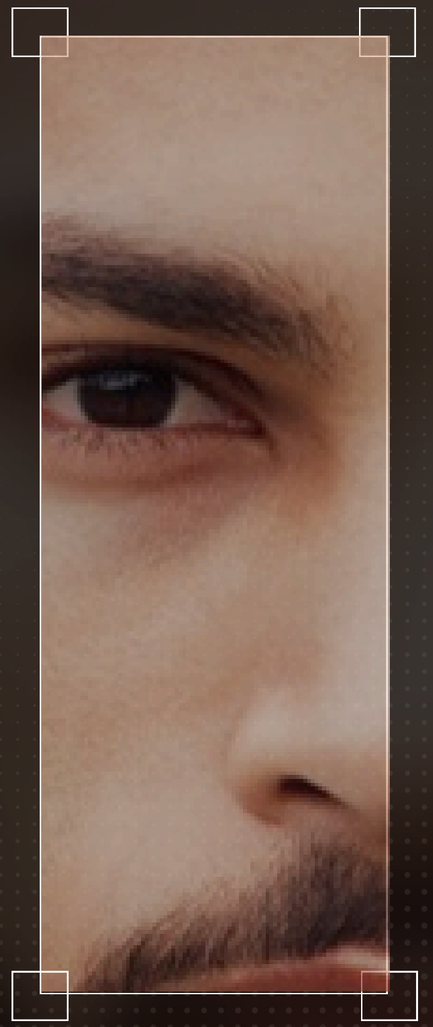
A systems-based approach to human performance and wellbeing that integrates biology, environment, and behaviour to create measurable, sustainable improvements in physical, cognitive, and emotional function.



Core Idea: It's not about single interventions (a workout, a meditation, a supplement) but about creating ecosystems that sustain health, energy, and resilience.

Shift: From reactive ("fixing problems") to proactive ("designing for performance and longevity"). It supports a self-care system less reliant on healthcare.

2026 CURRICULUM

COURSE FOUNDATIONS

THE STANDARD

The Professional Standard for Modern Wellness Practitioners

The Future Wellness Diploma is a postgraduate-level qualification designed for professionals who want to master the science of human performance and applied wellness. Delivered 100% online, it combines advanced academic learning with integrated mentorship and real-world application.

More than a course, this is a professional formation pathway.

It defines what it means to practice wellness with competency, confidence, and credibility.

WHY THIS MATTERS

Wellness is evolving.

Clients need practitioners who can work across:

- Sleep disruption and circadian misalignment
- Chronic stress and recovery deficits
- Cognitive fatigue and burnout
- Nutritional imbalance and energy instability
- Hormonal and environmental load
- Behaviour, habit, and lifestyle complexity

Traditional qualifications silo these issues.

The Future Wellness Academy is not about producing generalists without depth or practitioners spread too thin across multiple domains.

Instead, our purpose is to develop integrators, professionals who combine broad literacy with the ability to design and deliver credible human performance ecosystems.

THE SCIENCE

Built on the science of **Human Performance Optimisation**, the Future Wellness Academy provides the structure, credibility, and modern education that the wellness industry has lacked: bridging physiology, psychology, technology, and environmental design into one cohesive framework

The Academy is designed to:

- Upskill existing professionals (coaches, trainers, therapists, consultants, managers).
- Modernise wellness delivery by aligning legacy sectors with current human performance science.
- Create a shared professional identity - The Future Wellness Professional.

The Future Wellness Academy is not about producing generalists without depth or practitioners spread too thin across multiple domains.

Instead, our purpose is to develop **integrators, professionals who combine broad literacy with the ability to design and deliver credible human performance ecosystems.**

Graduates will:

- Develop a comprehensive understanding of sleep, stress, recovery, nutrition, and environmental factors.
- Learn to apply that knowledge through systems thinking and evidence-based integration.
- Develop the discernment to collaborate with specialists when deeper intervention is required.

This is **not about surface-level competency.** It’s about cultivating practitioners whose expertise is structured, credible, and trusted across industries.

WHO IS IT FOR?

Tailored Pathways for Multiple Sectors.

The **Future Wellness Academy** is designed for professionals who want to bridge the gap between wellness practice and human performance science.

Our current curriculum is academically structured at a post-graduate professional development level, suitable for individuals with an existing foundation in health, fitness, therapy, hospitality, or related disciplines.

The Future Wellness Diploma is designed for:

Health and wellness professionals, coaches, trainers, therapists, nutritionists, or practitioners seeking evidence-based integration across sleep, stress, recovery, and circadian biology.

Corporate wellness and HR professionals who are developing programmes to improve employee health, resilience, and performance.

Hospitality and spa leaders, managers, directors, and consultants aiming to embed science-led wellness frameworks within guest and organisational experience design.

Performance specialists, individuals working in sport, military, or executive environments who wish to apply advanced physiological and psychological optimisation strategies.

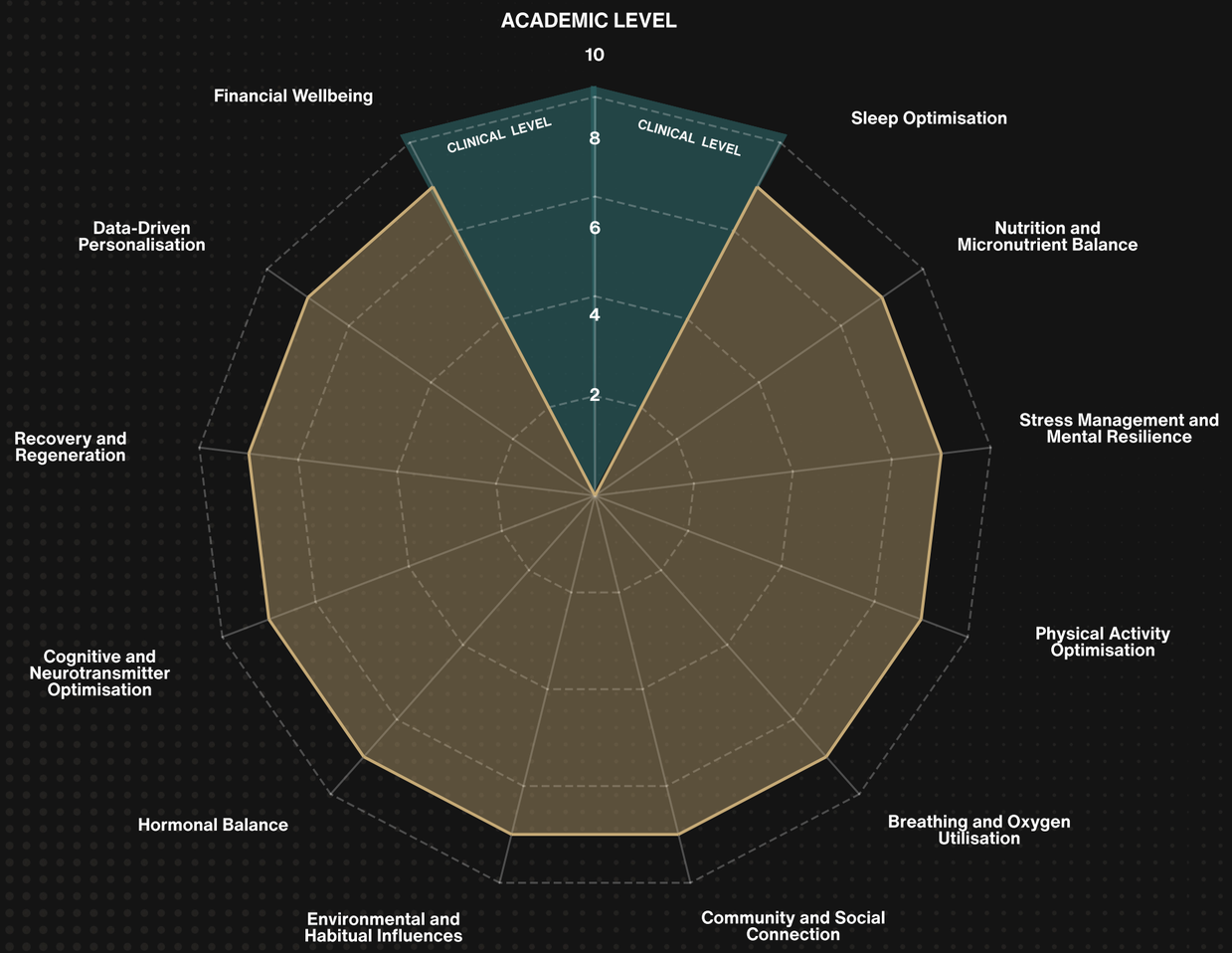
Participants typically hold:

A degree, diploma, or equivalent qualification in a health, human performance, hospitality, or behavioural science field.

Or 3–5 years of professional experience in a related industry, with demonstrable understanding of wellness or performance principles.

The current programmes are designed to operate at an RQF/Ofqual Level 6–7 equivalence, aligning with final-year undergraduate or postgraduate diploma standards within the European Qualifications Framework (EQF Levels 6–7).

Learners will be expected to demonstrate critical thinking, systems integration, and applied evidence-based reasoning throughout the curriculum.



CORE PHILOSOPHY

Human Performance Optimisation (HPO)

At the centre of the Academy sits the **Future Wellness HPO Model**, which represents the interdependent systems that drive human health, recovery, and performance.

Each domain becomes a specialist learning module, taught through evidence-based theory, practical application, and sector-specific integration.

Together, these modules form a complete education in modern, biologically intelligent wellness.

MODULAR OVERVIEW

01 **Sleep Optimisation**
Restore physiological and psychological balance through circadian alignment and high-quality rest.

02 **Nutrition & Micronutrient Balance**
Fuel biological systems for consistent energy, cognition, and recovery.

03 **Stress Management & Mental Resilience**
Regulate the nervous system to enhance adaptability, focus, and emotional stability.

04 **Physical Activity Optimisation**
Build structural integrity, energy efficiency, and long-term functional capacity.

05 **Recovery & Regeneration**
Enhance adaptation through rest, therapeutic modalities, and nervous system management.

06 **Breathing & Oxygen Utilisation**
Optimise respiration for nervous system control, energy output, and recovery.

07 **Community & Social Connection**
Leverage social interaction for mental health, accountability, and emotional resilience.

08 **Hormonal Balance**
Maintain endocrine health for energy regulation, mood, and recovery.

09 **Environmental & Habitual Influences**
Align daily environments and behaviours with biological needs.

10 **Data-Driven Personalisation**
Use technology and analytics to individualise wellness interventions.

11 **Cognitive & Neurotransmitter Optimisation**
Enhance mental clarity, motivation, and emotional balance through neurochemical regulation.

12 **Financial Wellness**
Create financial stability and literacy as a foundation for psychological and physical wellbeing.

FUTURE PATHWAYS

(Mid - 2026 Onward)

In 2026, the Academy will launch a Foundation Programme to create an accessible entry route for individuals without formal qualifications but with a strong interest or practical experience in wellness or human performance.

The Foundation course will:

Provide essential literacy in human biology, psychology, and environmental wellness.

Prepare learners for progression into the **Human Performance Optimisation Diploma** or other Level 6–7 professional pathways.

Establish a shared scientific language and conceptual framework across all sectors entering the Future Wellness ecosystem.

This two-tier structure ensures that the Academy can support both emerging practitioners entering the field and established professionals seeking to deepen their expertise through advanced, applied education.

SLEEP OPTIMISATION

1:1 | Understand Sleep Physiology and Architecture

1:2 | Decode Circadian Timing Mechanisms

1:3 | Identify Environmental and Behavioural Disruptors

1:4 | Design Corrective Interventions

1:5 | Apply Chronobiology in Coaching and Performance Settings

1:6 | Sleep Consultations and Assessments

Overview / Purpose:

Sleep is the foundation of physical recovery, cognitive clarity, and emotional stability. This module explores the science of circadian rhythms, sleep architecture, and environmental design, teaching how to engineer conditions that promote deep, restorative sleep.

Learning Outcomes:

- Understand sleep physiology and circadian timing mechanisms.
- Identify environmental and behavioural disruptors of sleep quality.
- Design interventions for insomnia, jet lag, and irregular schedules.
- Apply chronobiological principles to client programming.

Applied Skills:

- Conduct sleep assessments and interpret sleep tracking data.
- Create circadian-aligned routines and sleep environments.
- Develop hotel, spa, or athlete sleep optimisation protocols.

NUTRITION & MICRONUTRIENT BALANCE

2:1 | Understand Macronutrient Metabolism and Energy Systems

2:2 | Assess Micronutrient Sufficiency and Deficiency States

2:3 | Hydration, Electrolytes, and Fluid Balance

2:4 | Intelligent Supplementation and Nutrient Timing

2:5 | Chrono-Nutrition and Circadian Alignment

2:6 | Applied Practice Across Sectors

Overview / Purpose:

Nutrition is the most direct interface between biology and performance. This module builds literacy in nutrient metabolism, hydration, and supplementation, emphasising circadian timing and functional nutrition for energy, focus, and recovery.

Learning Outcomes:

- Understand macronutrient metabolism and nutrient timing.
- Identify micronutrient deficiencies and their physiological impact.
- Integrate hydration, electrolyte, and supplementation strategies.
- Apply nutrition frameworks across different environments (home, travel, workplace).

Applied Skills:

- Design chrono-nutrition meal plans.
- Evaluate supplement protocols (e.g., adaptogens, nootropics).
- Build practical hydration systems for athletes or executives.

STRESS MANAGEMENT & MENTAL RESILIENCE

3:1 | Stress Physiology and Allostatic Load

3:2 | Nervous System Regulation and Autonomic Balance

3:3 | Psychological Appraisal, Mindset, and Resilience Models

3:4 | Tools for Recovery and Emotional Regulation

3:5 | Building Stress Tolerance and Resilience Habits

3:6 | Applied Practice Across Sectors

Overview / Purpose:

Modern performance depends on nervous system literacy. This module teaches how to understand, measure, and regulate stress, developing mental resilience through physiological, psychological, and behavioural tools.

Learning Outcomes:

- Understand the HPA axis, allostatic load, and stress biomarkers.
- Apply nervous system regulation techniques (breathing, HRV training).
- Recognise and mitigate burnout and chronic stress.
- Integrate psychological resilience models into wellness delivery.

Applied Skills:

- Design parasympathetic recovery and mental downshift protocols.
- Implement HRV tracking as a stress indicator.
- Coach clients through nervous system regulation practices.

PHYSICAL ACTIVITY OPTIMISATION

4:1 | The Science of Human Movement and Energy Systems

4:2 | Adaptation, Load, and Recovery

4:3 | Circadian Rhythms and Training Timing

4:4 | Movement Quality, Mobility, and Injury Prevention

4:5 | Integrating Recovery Modalities

4:6 | Applied Practice Across Sectors

Overview / Purpose:

Movement is medicine, but only when applied intelligently. This module combines exercise science, biomechanics, and recovery integration to optimise function, energy output, and long-term health.

Learning Outcomes:

- Understand energy systems and adaptation mechanisms.
- Design balanced strength, mobility, and endurance programmes.
- Align exercise timing with circadian rhythm and stress load.
- Recognise overtraining, under-recovery, and movement dysfunction.

Applied Skills:

- Conduct functional movement and readiness assessments.
- Build sustainable exercise frameworks for different populations.
- Integrate mobility and recovery into performance programming.

RECOVERY & REGENERATION

5:1 | The Science of Recovery and Adaptation

5:2 | Active vs Passive Recovery Modalities

5:3 | Biomarkers and Readiness Indicators

5:4 | Sleep, Nutrition, and Environmental Integration

5:5 | Recovery System Design and Progress Tracking

5:6 | Applied Practice Across Sectors

Overview / Purpose:

Recovery is where performance is built. This module examines the interplay between rest, repair, and regeneration, and how they interact with training load, nutrition, and environment, blending sport science with spa and wellness methodologies.

Learning Outcomes:

- Understand the science of recovery, adaptation, and load management.
- Integrate active and passive recovery modalities.
- Analyse recovery data and readiness metrics.
- Build recovery systems tailored to different professional settings.

Applied Skills:

- Design recovery circuits (sauna, cold immersion, compression, etc.).
- Use wearables to monitor readiness and guide recovery.
- Develop integrated recovery programmes for clients

BREATHING & OXYGEN UTILISATION

6:1 | Identifying Dysfunctional Breathing Patterns

6:2 | Respiratory Physiology and Gas Exchange

6:3 | Breathing for Nervous System Regulation

6:4 | Breathing in Movement and Performance

6:5 | Breathwork for Sleep, Stress, and Emotional Regulation

6:6 | Applied Practice Across Sectors

Overview / Purpose:

Breath is the most accessible tool for regulating physiology and psychology. This module covers respiratory mechanics, oxygen efficiency, and breath-based interventions for performance, recovery, and emotional regulation.

Learning Outcomes:

- Understand respiratory physiology and the CO_2-O_2 relationship.
- Identify dysfunctional breathing patterns.
- Apply breathwork techniques for energy or calm.
- Integrate breathing strategies into movement, sleep, and stress programmes.

Applied Skills:

- Conduct breathing assessments and CO_2 tolerance tests.
- Deliver breathwork sessions for performance or recovery.
- Use breath as a nervous system regulation tool in client work.

COMMUNITY & SOCIAL CONNECTION

7:1 | The Science of Connection and Belonging

7:2 | Social Neuroscience and Behavioural Health

7:3 | Motivation, Adherence, and Group Dynamics

7:4 | Designing Communities and Shared Experience

7:5 | Coaching Emotional and Psychological Safety

7:6 | Applied Practice Across Sectors

Overview / Purpose:

Humans are biologically wired for connection. This module examines the psychological and physiological value of belonging, teaching how to design communities, experiences, and group dynamics that enhance well-being and adherence.

Learning Outcomes:

- Understand the social neuroscience of connection and motivation.
- Recognise loneliness and social disconnection as health risks.
- Facilitate group cohesion and peer accountability.
- Design social ecosystems within wellness spaces.

Applied Skills:

- Create community-based wellness programmes.
- Lead group sessions that enhance connection and trust.
- Integrate social accountability tools into client journeys.

HORMONAL BALANCE

8:1 | The Endocrine System and Major Hormonal Axes

8:2 | Recognising Patterns of Hormonal Imbalance

8:3 | Stress, Sleep, and the HPA Axis

8:4 | Nutrition, Metabolism, and Blood Glucose Regulation

8:5 | Hormonal Considerations Across Life Phases and Populations

8:6 | Applied Practice Across Sectors

Overview / Purpose:

Hormones regulate nearly every biological system, from mood and metabolism to sleep and reproduction. This module gives coaches and practitioners literacy in hormonal health and its lifestyle drivers.

Learning Outcomes:

- Understand the endocrine system and major hormonal axes.
- Recognise symptoms of imbalance and related lifestyle causes.
- Integrate nutrition, recovery, and stress strategies to support hormonal health.
- Distinguish when to refer to medical professionals.

Applied Skills:

- Build hormone-aware programmes for male and female clients.
- Integrate stress, sleep, and nutrition to support endocrine function.
- Collaborate confidently with medical or clinical practitioners.

ENVIRONMENTAL & HABITUAL INFLUENCES

Overview / Purpose:

Environment dictates biology. This module focuses on designing circadian-aligned environments and daily habits that reinforce physiological and psychological stability.

Learning Outcomes:

- Understand environmental physiology (light, temperature, air, sound).
- Apply circadian design principles to home, work, and travel settings.
- Build habits that align behaviour with biology.
- Evaluate environmental wellness interventions and technology.

Applied Skills:

- Conduct circadian audits of spaces.
- Advise on biocentric lighting, air quality, and thermal comfort.
- Develop behaviour change plans anchored to environmental cues.

DATA-DRIVEN PERSONALISATION

10 : 1 | Key Wellness and Performance Biometrics

10 : 2 | Data Collection, Devices, and Limitations

10 : 3 | Trend Interpretation and Pattern Recognition

10 : 4 | Personalised Programming and Decision-Making

10 : 5 | Communication and Behaviour Change

10 : 6 | Ethical Data Use and Professional Boundaries

Overview / Purpose:

Data is only powerful when interpreted correctly. This module teaches how to gather, analyse, and apply biometric and behavioural data ethically, transforming numbers into personalised wellness insights.

Learning Outcomes:

- Understand key performance metrics (HRV, sleep, readiness, stress).
- Use wearable and app data to guide programming decisions.
- Ensure ethical and responsible data handling.
- Translate data into practical behavioural guidance.

Applied Skills:

- Analyse client dashboards and identify trends.
- Create data-informed wellness programmes.
- Communicate biometric insights in human language.

COGNITIVE & NEUROTRANSMITTER OPTIMISATION

11 : 1 | Neurotransmitter Systems and Cognitive Function

11 : 2 | Stress, Sleep, and Cognitive Load

11 : 3 | Nutrition for Cognitive Performance

11 : 4 | Focus, Flow, and Creativity Cycles

11 : 5 | Nootropics, Adaptogens, and Supplementation Protocols

11 : 6 | Applied Practice Across Sectors

Overview / Purpose:

Performance begins in the brain. This advanced module explores the neurochemical foundations of motivation, focus, creativity, and mood, teaching how to sustain cognitive performance without overstimulation.

Learning Outcomes:

- Understand neurotransmitter systems (dopamine, serotonin, acetylcholine).
- Recognise cognitive fatigue and overstimulation patterns.
- Apply nutritional and behavioural strategies to optimise focus and flow.
- Integrate cognitive recovery into performance planning.

Applied Skills:

- Design cognitive enhancement and focus protocols.
- Use nootropics and adaptogens intelligently.
- Build flow-based work and recovery cycles.

FINANCIAL WELLNESS

12 : 1 | Financial Stress and Physiological Health

12 : 2 | Behavioural Finance and Emotional Decision-Making

12 : 3 | Financial Literacy and Planning Foundations

12 : 4 | Aligning Money, Purpose, and Values

12 : 5 | Financial Communication and Relationships

12: 6 | Applied Practice and Professional Boundaries

Overview / Purpose:

Financial stability underpins mental health and life satisfaction. This module introduces financial literacy, behavioural finance, and purpose alignment as integral components of holistic wellness.

Learning Outcomes:

- Understand the relationship between financial stress and health.
- Build basic literacy in budgeting, saving, and long-term planning.
- Identify behavioural biases in financial decision-making.
- Align financial planning with values and purpose.

Applied Skills:

- Facilitate conversations about money, stress, and wellbeing.
- Coach clients to build financial resilience and autonomy.
- Integrate financial wellness into holistic lifestyle design.

STUDY, ASSESSMENT & CERTIFICATION

The Future Wellness Diploma culminates in a professional accreditation process designed to evaluate applied competence, not memorisation.

Practitioners are assessed on their ability to interpret real-world scenarios, think systemically, and design structured, evidence-based interventions across human performance domains.

WEEKLY STUDY

It will require 4–5 hours per week over an 8–9 month curriculum to achieve applied mastery.

This will include:

- Study
- Note consolidation
- Case-based analysis
- Applied coursework tasks
- Intervention design practice

ASSESSMENT FORMAT

Assessment is delivered through a combination of case study analysis and capstone evaluation, reflecting real-world practitioner demands.

- Scenario-based case assessments throughout the programme
- Ongoing applied coursework and intervention design
- Final capstone assessment (full client analysis and programme design)
- Completed remotely with structured submission and evaluation
- Graded against Level 6–7 applied competency criteria
- Emphasis on reasoning, prioritisation, and programme design
- Certification awarded upon successful demonstration of applied competence

ASSESSMENT APPROACH

The assessment model balances scientific understanding with real-world application.

Rather than testing isolated knowledge, it evaluates how effectively learners can interpret, prioritise, and act within complex human systems.

Assessment Types

Case Study Analysis

Interpreting multi-layered client scenarios across sleep, stress, nutrition, environment, and performance.

Applied Programme Design

Structuring interventions across time, balancing competing demands and constraints.

Critical Reasoning

Identifying the highest-leverage actions within complex, imperfect real-world situations.

Systems Integration

Connecting physiology, psychology, behaviour, and environment into a coherent strategy.

Future Wellness

STUDY, ASSESSMENT & CERTIFICATION

KEY PRINCIPLE

Assessment rewards the ability to think like a practitioner:

Interpret → Prioritise → Design → Deliver → Review

Not recall isolated facts.

PREPARATION & SUPPORT

Learners are supported throughout the programme with:

- Weekly applied learning tasks
- Guided case study breakdowns
- Ongoing mentorship and discussion forums
- Data interpretation and scenario labs
- Progressive preparation toward the final capstone

OUTCOME

The result is a confident, credible practitioner who can:

- Translate complex human data into clear decisions
- Design structured, outcome-driven programmes
- Operate effectively within the sub-clinical performance space
- Deliver measurable improvements across real-world environments.

CERTIFICATION AWARDED

Graduates will earn the professional designation Future Wellness Practitioner (FWP). This certification confirms the ability to operate as a systems-based human performance practitioner, capable of integrating biology, behaviour, and environment into structured, outcome-driven programmes.

Certification is valid for 12 months from the date of completion.

CONTINUED PROFESSIONAL DEVELOPMENT

An annual membership fee (TBC) will be introduced to support ongoing professional development.

This does not affect certification status or the ability to practice. Instead, it provides access to:

- Ongoing advanced education and updated curriculum materials
- Business development tools and practitioner resources
- Exclusive community forums, events, and professional network opportunities

PROFESSIONAL STANDARD

This designation represents a recognised standard in modern wellness and human performance.

It signals that the practitioner can:

- Think systemically across multiple domains
- Apply science in real-world contexts
- Design and deliver credible, structured interventions

Future Wellness

COURSE FEES

We offer **flexible payment options** to make enrolment accessible.

All payment plans include full access to the Diploma, live sessions, resources, community, and the certification pathway.

Choose the payment structure that works best for you:

- £4999.00 one-time payment
- £1330.00 prt month for 4 months
- £698 per month for 8 months
- £498 per month for 12 months

No difference in access or learning experience across payment options.