Over the last decade, well-being has come to the fore as a potentially integrative way of thinking about human flourishing. The term is now employed by scholars across a range of academic disciplines, including economics, psychology, psychiatry, and human geography. In the UK, it is also increasingly circulating amongst governmental, business and third sector organisations. Across these diverse arenas, however, it would seem that well-being is approached in quite different ways. In the first part of this seminar, I critically review the understandings of the term advanced within psychology and economics, two of the disciplines that have exerted significant influence on well-being research and policy. I note the assumptions and methodologies employed, and the ways in which the resulting analyses favour certain types of policy recommendations but not others. In relation to these perspectives, I then consider what human geography might bring to theorisations of well-being, given its recognition of the emplaced and distributed nature of social life, and its resonance with systems thinking. I suggest that the socio-ecological dimensions of a geographical perspective, mobilised in a range of methodological ways, might function as both a supplement and a potential corrective to economic and psychological analyses of well-being.