

***An invitation to connect with  
Nature as Dynamic Co-Partner  
St Mary's Lighthouse, Whitely Bay, North Tyneside  
21 September 2019, 11am-4pm***

Catherine Gorham 



**About the day**

This will be a unique experiential workshop suitable for coaches, supervisors and therapists looking to develop their skills in connecting with nature to facilitate a deeper level of noticing and internal processing in their clients and self as instrument. The location on the NE coast is stunning and offers a rich diversity of learning opportunities.

The content of the day will be underpinned by some light ecotherapy theory with plenty of outdoor practice in pairs, including the somatic exploration of creating a holding container in an unstructured environment. There will be guidance on ensuring psychological safety and integrating nature's gifts into a space of inquiry with an invitation to try out a number of techniques, sharing feedback with partners. Working outdoors can be dynamic and unpredictable; those elements will be welcomed and treated as part of the learning experience.

Our working container for the day will be co-created to ensure everyone feels they can bring a degree of safe vulnerability, curiosity and play; the sense of mutual holding will be facilitated by the various exercises inviting connection during the day and the contracting will model that required of any practitioner taking a client outdoors.

### **Practicalities**

Please come prepared with:

1. Comfortable, appropriate clothing/footwear – there will a combination of walking and standing so bring extra layers for keeping warm and be aware of potentially slippery conditions. We shall invite the weather as an additional tool for our work, whatever is presented on the day!
2. Your own packed lunch and maybe a flask of hot drink (there is a tea/coffee machine on site).
3. A couple of possible issues that you would be willing to explore with a partner; the focus will be on the process of inquiry rather than necessarily reaching a specific outcome.

### **Signing up**

Please email Catherine directly if you are interested; further questions are also welcomed. The fee, with an early bird discount until 31 May is £120, then £150. Payment details to be supplied with invoice on sign-up.

### **About Catherine**

Catherine is an experienced coach (MAC), accredited coach supervisor (CSA) and leadership consultant. As Master Coach for a charity developing leaders in social work, she supervises the community of 20+ experienced coaches nationwide to hold their own and their coachees' vulnerability within the complex social work system.

She has integrated her passion for the natural world into her coaching and individual/group supervision over the last 5 years, drawing on specialist ecotherapy training, and now offers masterclasses to others wishing to develop their expertise beyond their 'walk and talk' practice.

[www.catherinegorham.co.uk](http://www.catherinegorham.co.uk)

[catherine@catherinegorham.co.uk](mailto:catherine@catherinegorham.co.uk)

07913 881108