

***An invitation to connect with
Nature as Dynamic Co-Partner
St Mary's Lighthouse, Whitely Bay, North Tyneside
26 April 2020, 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

A lot of the workshop will take place outdoors so please come prepared with comfortable, appropriate clothing/footwear and a packed lunch.

Fee

The fee for the day's workshop is £150, payable in advance (payment details to be supplied with invoice on sign-up).

Previous testimonials for this workshop:

"The workshop was beautifully facilitated. Real experience and learning of practice with attendance to ethical practice and psychological safety of the client."

"A profound enlightenment as to the power of nature within the coaching context. Where it had previously provided a pleasant but passive backdrop for me to work and be with clients, I now have techniques which will facilitate my coachees to relate their area of enquiry using the dynamic force of nature and ensure they feel safely contained within the chosen outdoor space."

About Catherine

Catherine is an independent EMCC Accredited Coach at Senior Practitioner level, Accredited Supervisor 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 a complex, highly emotionally charged 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.

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