

**MENTAL WELLNESS WITH NATURE AS PARTNER: TOOLKIT**



**Why a toolkit with Nature?**

These turbulent times bring challenges everywhere we look, which then impact on our physical and mental wellbeing. How can we find space to ground ourselves and learn to strengthen our internal sense of self, in order to better manage the external pressures and increase our resilience?

The restorative effects of being in Nature are well evidenced and yet with the summer passing into autumn and temperatures/light levels dropping, we can find ourselves less in contact with the natural world just when we need it most. This training course is designed to build skills in working with Nature as a personal toolkit for psychological support, embracing the importance of this connection for maintaining mental wellness. The techniques can be applied outdoors and/or virtually.

## **Who is this suitable for?**

The training is designed to equip employees who would benefit from 1) tools to manage their emotional reactions when triggered by day-to-day situations around them and 2) a higher degree of resilience and emotional stability so they are less likely to be triggered in the first place.

It is being offered as a closed programme for teams and employees within an organisation in order to allow opportunities to practise and the creation of a shared language.

*NB This is not a replacement for therapy or clinical interventions, nor a tool for addressing specific psychological difficulties such as trauma, but a methodology for developing individual resourcefulness around mental wellness.*

## **What's on offer?**

The training consists of 2 virtual live workshops (2 hrs each), ideally no more than 3 weeks apart, with a workbook supporting the unfolding process inbetween. The principles of this unique approach will be shared at the outset in order to establish a context whilst creating a safe space for individual and pair/triad experimentation.

Participants will be supported to create their own mental wellness practice through a range of easily accessible psychological tools. These will include a focus on sensory-awakening; mindfulness and immersion; practising with Nature as a co-partner – listening and noticing; gratitude; self-compassion; anchoring and self-regulation.

Psychological safety is paramount and so the workshops are limited to 12 participants to ensure everyone feels held in their own learning journey.

There is also the option of adding an individual coaching session of 45 minutes for each participant to the core training package.

## **Benefits:**

By the end of the training programme participants will have:

- Deepened their connection with the natural world and thereby themselves, as a vehicle for building resilience and psychological stability.
- Designed their own mental wellness toolkit covering ongoing maintenance strategies and tools for managing triggers in the moment.
- Shared experiences with colleagues as part of their personal journey of discovery, developing a deeper level of mutual understanding and support in the workplace.
- Developed greater resilience within themselves and within teams, thereby supporting staff engagement and productivity.

**Next steps:**

Please contact me for more information and an exploratory chat:

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

**Testimonial:**

*“My learning has deepened my love and gratitude for all the offerings our natural environment provides, this would not have been achieved without Catherine's expertise and gentle invitations, fused with her safe ethical framework and structure for meaningful outcomes.”*

*I have strengthened my trust in the power of nature as a co partner, how nature flows and nourishes my thoughts, emotions, energies and choices I make. Nature has patience and forgiveness. I am forever grateful for Catherine's giving - a gift of understanding nature and how to bring this into my whole life, woman, parent, carer and coach. Thank you.”*

**Biography:**

I am an independent EMCC Accredited Coach at Senior Practitioner level/Accredited Supervisor and Fellow, CIPD. I was Master Coach for Frontline for 5 years where I supervised the community of 25 experienced coaches nationwide to hold their own and their coachees' vulnerability within the complex, highly emotionally charged social care system. I am now Supervisor for Sanctus, supporting coaches to hold a safe space for employees to explore their mental health and wellbeing. I am a qualified Mental Health First Aider.

Building psychological safety is the cornerstone of all my client work and I am accredited as a practitioner in the Psychological Safety Index. Drawn to ecotherapy training by my passion for the natural world, I specialise in integrating Nature as a dynamic co-partner within my coaching and supervision practice, virtually and face-to-face. I also support fellow practitioners to embrace the richness of this approach through masterclasses, specialist supervision and a published book chapter in *Coaching Supervision Groups*, ed. J. Birch (2021).

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