

***Nature as Dynamic Co-Partner Masterclass***

***31 March or 19 May 2023: 9.30am – 12.30pm***



This is an experiential masterclass. It is suitable for coaches, supervisors and therapists looking to develop their skills in connecting with nature (outdoors and/or virtually) to facilitate a deeper level of noticing and internal processing in their clients and self as instrument.

The experimentation will be underpinned by some light ecotherapy theory. The container will be virtual (Zoom) with an invitation to step outdoors for exercises to deepen connection with self and other.

There will be guidance on ensuring psychological safety and integrating nature's gifts through different lenses including:

- Contracting for dynamic internal and external landscapes
- Holding containers in an open space – the qualities of different outdoor settings
- Systemic regulation for practitioner and client
- Transference
- Ego states
- Attachment
- Systemic coaching.

Our working container will be co-created to ensure everyone feels they can bring a degree of safe vulnerability, curiosity and play; the contracting will model that required of any practitioner taking a client outdoors and will support the sense of shared intimacy that is integral to this work.

### **Signing up**

Please contact me directly if you are interested in securing a place. The fee for either workshop is £95.

### **Testimonials**

*“Now I really get what’s different about Nature as Dynamic Co-Partner – it’s so much more powerful than just walking outdoors with a client. I enjoyed the practice and learned how to attend to the 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 inquiry using the dynamic force of nature and ensure they feel safely contained within the chosen outdoor space.”*

### **About me**

I am an independent EMCC Accredited Coach at Senior Practitioner level/Accredited Supervisor and accredited in the Psychological Safety Index as well as MBTI. My career background is in leadership development and organisational change. I am a Fellow, Chartered Institute of Personnel and Development.

As supervisor for Sanctus, I support coaches to deliver mental wellbeing coaching in the workplace. I also deliver CPD training to internal coaches at Sussex Police. Previously I spent 5 years as Master Coach for Frontline where I supervised the community of 25 experienced coaches nationwide to hold their own and their coachees' vulnerability within the complex, highly emotionally charged system of social care.

I have integrated my passion for the natural world into my coaching and supervision, drawing on specialist ecotherapy training, and lead specialist supervision groups. My book chapter on 'Nature as Dynamic Co-Partner in Group Supervision' is published in 'Coaching Supervision Groups', edited by J. Birch, 2022.

My strong personal values – integrity, authenticity, compassion and transparency – are reflected in how I meet my clients. I hold the Goethe-Zertifikat C2: Grosses Sprachdiplom and work in both English and German.

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