

## Working with coaching and the natural world

25 March 2021

Time	Session	Presenter
9.30am - 9.45am	Welcome and introductions	
9.45am - 10.30am	Coaching and the climate crisis	Linda Aspey
10.30am - 10.45am	Live Q&A session	
10.45am - 10.50am	Break	
10.50am - 11.35am	How coaches can support young people through working with them in the company of trees	Jane Owen
11.35am - 11.50am	Live Q&A session	
11.50am - 11.55am	Break	
11.55am - 12.40pm	Bringing nature inside	Jackee Holder and Carolyn Mumby
12.40pm - 12.55pm	Live Q&A session	
12.55pm - 1.10pm	Panel Q&A session	All presenters
1.10pm - 1.15pm	Event Close	

## Coaching and the Climate Crisis

### Linda Aspey

Coaches and therapists are increasingly becoming aware of climate change as it affects the wider system, themselves and their practice, and asking themselves, what does this mean for me? How do I respond?

In this session we will consider the current situation and the range of possible responses that you and your clients might have. We will consider your own personal and professional needs and signpost some key resources including frameworks and approaches to inform and support any actions that you take forward into your work and life.

#### Session aims and objectives:

- To summarise the current situation and key causes of climate change and ecological decline
- To consider the range of possible emotions & responses (your own / your clients') to climate change and its implications, and how you might respond
- To consider your personal and professional needs and signpost some resources for you to take away.

#### Presenter biography:

Linda Aspey is an executive and team coach, facilitator and supervisor teacher, working with both organisational clients and coaches. She has been active in raising climate awareness and fluency for the past 3 years, working with leaders and teams on climate and ecological crisis challenges, and also with coaches and coach-therapists and the coaching profession.

She is Time to Think Global Faculty, a Fellow of BACP and founder of BACP Coaching. She is an alumna of Cambridge Institute for Sustainability Leadership (CISL), member of the Oxford School of Climate Change, and has facilitated numerous events and spoken to many professional and private groups on the subject of climate and ecological crisis.

## How coaches can support young people through working with them in the company of trees

### Jane Owen

An introduction to the use of coaching conversations within woodland settings for teenagers and young adults. Using forest bathing practices within a forest school framework to provide calmness and reflection. The project and research carried out is based on supporting teenagers and young adults with their mental wellbeing.

This session will include some practical applications that practitioners may wish to consider in their own delivery and an initial discussion about the benefits of woodland activities to us all. There are various additional links and research for those who want to know more about the practice and the original pilot project has developed into an academic research study, which is now looking for further participants.

### **Session aims and objectives:**

- Understand the use of outdoor coaching practice to teenagers and young adults.
- Understand the scientific benefits human connection to nature and forest bathing particularly.
- Evaluate the benefits of outdoor sessions to your own practice.
- Discuss practical considerations for the use of forest bathing within a group session.
- Progress understanding with further research and involvement in projects and study.

### **Presenter biography:**

Jane has more than 17 years education experience and has been using coaching practices for most of that time, becoming a qualified coach 4 years ago. Since then, she supports teachers and college teams to improve their practice and developed a keen understanding of the benefits of coaching to teenagers. This practice was extended two years ago when she took the coaching sessions into the woods, with incredible results. Combining nature and coaching to support teenager's wellbeing has become a focal point and has taken her back into academia to complete a PhD on the subject.

## **Bringing Nature Inside**

### **Jackee Holder and Carolyn Mumby**

How do you work with nature as a resource in the coaching or therapeutic relationship? This session explores how using metaphors borrowed from nature you can work with journaling and expressive writing to explore personal and therapeutic ways of re-connecting to what matters most. You will hear how corporate coach Jackee Holder works creatively with nature in her coaching practice and how race and gender have not stopped her from connecting with nature in urban environments.

### **Session aims and objectives:**

- Explore and better understand your personal relationship with nature and how it can make a difference
- Discover creative ways of working with metaphors from nature in one to one sessions
- Learn how journaling about nature experiences past and present has its benefits
- Be introduced to some of the evidence base which confirms the healing power of nature
- Gain tips and tools to increase wellbeing and to feel confident in exploring nature in the therapeutic relationship

### **Presenter biography:**

Jackee Holder celebrates the beauty of trees and nature through the practice of writing, journaling, facilitation and speaking. She is the co-author of the pocket-sized illustrated Writing With Fabulous Trees Writing Map, The Inner & Outer Nature Self Discovery Card Deck, 49 Ways To Write Yourself Well and Be Your Own Best Life Coach. Jackee is an award-winning coach and coach supervisor who also trained as a therapist who works out of the UK.