

Mindfulness in Nature & Coaching

with Claire Thompson & Trish Dooley

Creating a thriving & sustainable workforce



“ My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.”

- Maya Angelou



Run by Claire Thompson (*above*), an internationally-published author & workshop facilitator on Mindfulness and Nature, and Trish Dooley MA, CPCC, ACC, professional leadership coach (*below*).



Introduction to Mindfulness in Nature & Coaching

We don't build businesses. We build people and people build businesses. Is your business concerned about staff well-being? Would you like to maintain a workforce performing to its full potential? Do you agree that a **goal-focused, resilient and creative workforce** embodying **common values**, is essential to a sustainably **thriving business**?

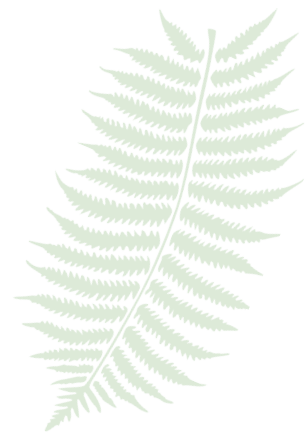
We live in unpredictable times where creative minds are urgently needed to find ways forward for our society and businesses to thrive. Modern life is fast-paced and demanding, with our attention being sought under pressure from a multitude of channels in our personal and professional lives alike. **This hinders our ability to make conscious choices about where we invest our energy - whilst draining our creativity and disturbing our focus.**

There is extensive scientific evidence that experiencing nature is essential not only to our **well-being, but also to our productivity, concentration and creativity**. Furthermore, science has confirmed that a more mindful approach to life has similar impacts. Why? Because mindfulness practice gives us the awareness required to make conscious choices about **where we invest our attention**. What we choose to dedicate our attention to is of vital importance, not only to our well-being, but also to the success of our businesses.

Emerging studies investigating the impact of mindfulness practice more specifically on corporate business staff reveal results such as **overall enhanced job performance and well-being** - with decreased stress, increased productivity and creativity, better communication skills and enhanced decision-making skills.

Our programme, which integrates **nature connection, mindfulness practice and coaching** will support your business to maintain a **sustainable, thriving workforce** which honours its professional and personal core values through enhanced...

- ✓ Resilience
- ✓ Well-being
- ✓ Creativity
- ✓ Productivity
- ✓ Focus
- ✓ Curiosity
- ✓ Speaking skills
- ✓ Listening ability
- ✓ Cooperation
- ✓ Happiness



Our Programme

We combine small group (up to 12) workshops introducing mindfulness of nature with 1:1 coaching and 1:1 mindfulness follow-up sessions to support and tailor personalised goal-setting and accountability of impact. Our outdoor mindfulness workshops can be held in any available green space at your convenience (close to your workplace or further afield).

Mindfulness workshops

Through open group discussions, games and mindfulness exercises outdoors, each workshop will explore how - through developing a greater awareness of nature within ourselves and around us - we can learn how to make wiser choices about where we place our attention and how to act for greater well-being, happiness, creativity and resilience.

1:1 Coaching and Mindfulness Support (in person or remotely)

Through 1:1 coaching, we will establish goals for your staff reflecting the professional values of your business. These sessions will enable staff to make conscious choices, empowering them to harness their strengths as they step into their mindful selves. 1:1 mindfulness support can also be provided.

Packages & Costs

We offer 3 standard packages*: Each includes an introductory session/meeting.

» **Programme delivered over 6 weeks including:**

3 half-day Mindfulness in Nature workshops followed by 1:1 Coaching & 1:1 Mindfulness

» **Programme delivered over 8 weeks including:**

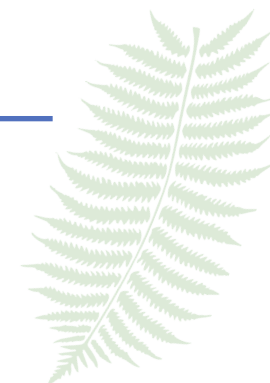
4 two-hour Mindfulness in Nature workshops followed by 1:1 Coaching & 1:1 Mindfulness

» **Programme delivered over 8 weeks including:**

8 1 ½ hour Mindfulness in Nature workshops (weekly) followed by 1:1 Coaching & 1:1 Mindfulness

Costs: GBP 1500 per person or GBP 16000 for 12 people (plus Programme Leaders' expenses).

*We understand that successful businesses have heavy workloads and full timetables. Our packages can also be tailored to the requirements and availability of your business and staff and can include group coaching.



Programme Leaders



Claire Thompson is an internationally-published author on Mindfulness and Nature with a belief that mindfulness of the natural world is at the heart of creating a happier and more peaceful world with a sustainable future. She runs mindfulness workshops in the UK and abroad for a variety of different audiences with the aim

of reconnecting people with themselves and nature. She has an MA cantab in Zoology from the University of Cambridge and works for BirdLife International, the world's largest global partnership of nature conservation organisations. www.mindfulness-of-nature.com

Contact: clairethompson@mindfulness-of-nature.com

"The Mindfulness in Nature sessions were a valuable addition to our company wellbeing initiative, and we received some excellent feedback from employees. Thank you, Claire!" Costello Medical Consulting



Trish Dooley MA, CPCC, ACC is a professional leadership coach. As a former deputy headteacher she coaches senior leaders across the education sector and has a coaching portfolio which includes leaders from charities, businesses and the health service. She has enabled her clients to thrive and flourish in their working lives and find a life/work balance leading

to happiness and fulfilment in both. She also delivers workshops to develop coaching skills across teams. www.trishdooley.com

Contact: coach@trishdooley.com

"Trish is a great listener who is able to take a mass of information and by careful, considered questioning arrive at the heart of the issue. Helping you to find not only potential answers, but to learn a lot about yourself and your ambitions along the way." Mike Davies Director of Global Communications, PWC

Thank you

We hope you are excited by the potential of Mindfulness in Nature and Coaching. We really look forward to working with you in the future.

Best wishes, Claire and Trish

Contact

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coach@trishdooley.com

