

ICF CONVERGE

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Nature as a Guide

Enhancing Well-Being and Presence Through Nature

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Remembering

- Pick a partner (Coach and Coachee – then trade)
- 4 minutes each
- Describe your earliest memory of feeling connected to nature
- Coach: Help the Coachee make the feeling grow
- What did you notice as the feeling of connection grew?

The Science

Well-being and Presence Through Nature

Reduces Stress/Improves Mood



Observe & Connect



Restores Concentration



Nature & Metaphors

Well-being and Presence Through Nature



Metaphors

- Groups of 6
- 6-minute discussion on nature-based metaphors you've encountered on your journey
- Come back ready to share a few with the larger group

Practical Tools

Well-being and Presence Through Nature





Mini Virtual Nature Break



Engage With Indoor Plants



Mindful Nature Walk





Thank-you

I'd love to continue the conversation

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