

### Nature as a Guide

Enhancing Well-Being and Presence Through Nature Jason Donkersgoed, MA (Leadership), PCC





#### 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**

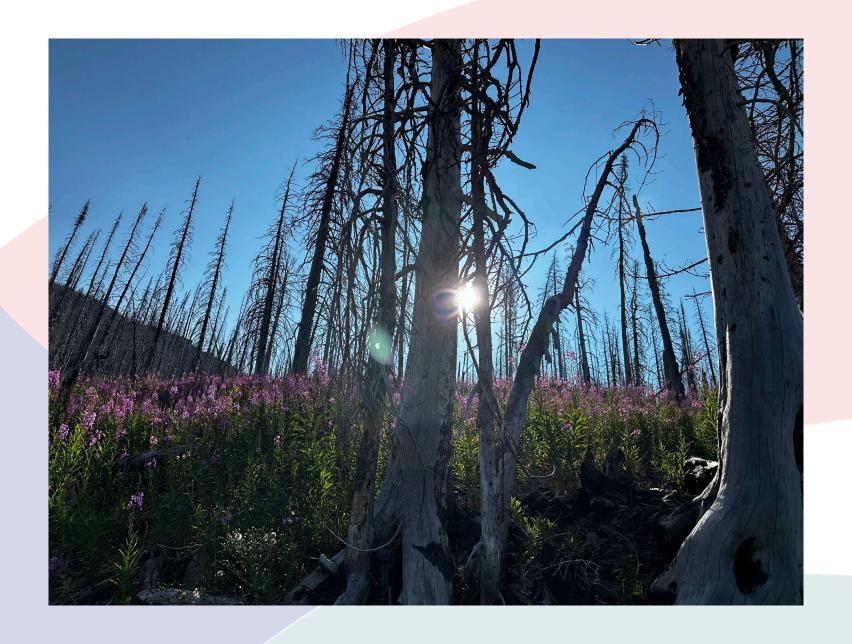


#### **Restores Concentration**



## Nature & Metaphors

Well-being and Presence Through Nature



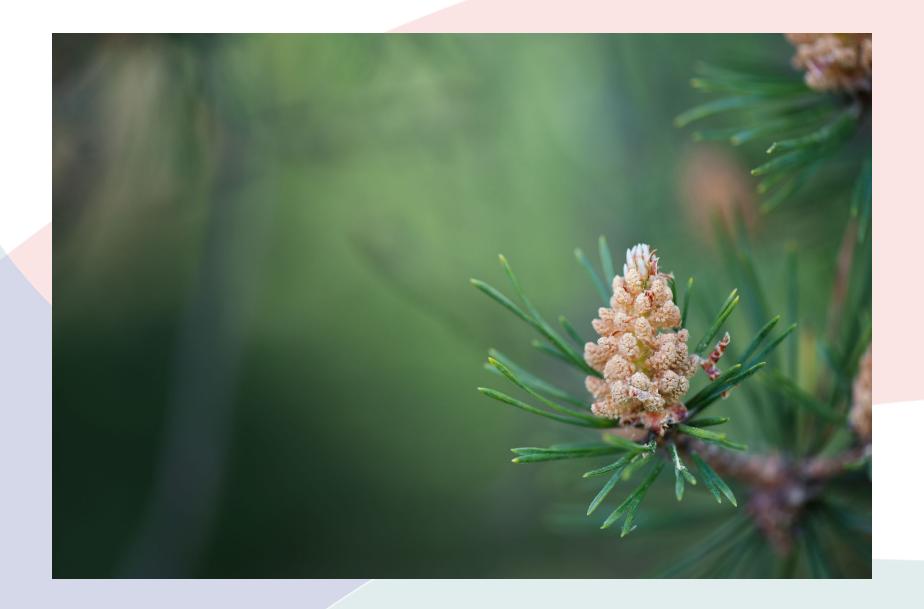
#### Metaphors

- 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 Connect on LinkedIn

