



Mind over Matter Days

Coaching in Nature – Escape and Reshape Experience

What are they?

Mind over Matter days focus on “personal leadership” – we believe everyone is a leader (in your own right). These days offer the space and clarity of mind, to explore an issue or goal. Nurture intentions and find solutions.

A place to be true yourself and get creative. Think of it as “**an away day for your mind and soul**”. Supported by our fabulous nature-based coaches.

Co-Creating

It all starts with one of our FREE 15-minute discovery calls. [BOOK HERE](#)

From there we will collaborate on the co-creation of the day. Choosing a date and location, from the nature spaces we use. Setting your intention and focus for the day too.

The sessions typically run from approx. 10:00-16:00pm with some time to pause and a break for lunch. There will be indoor and outdoor space. Access to toilets and your day will include refreshments and lunch throughout.

Framing the Day

Back to self/Back to nature	Self-expression/authenticity	Bold, Brave & Wild
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The day embodies our seven C’s

Confidence	Compassion	Clarity	Courage	Change	Curiosity	Creativity
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Bring something to leave with:

As part of the day, you will bring an idea or focus point you would like to explore. Whilst the focus of the day is different for everyone. We have included some examples below that may resonate for you:

- **Self- Care** –supporting you to explore a kinder, more compassionate way of living for yourself. Supporting you to explore well-being priorities and let go of old narratives.
- **Finding Clarity** – you are looking for your next life project, or career choice and want to explore choices, decisions and gain clarity on what this looks like for you and take the next steps.
- **Totally overwhelmed** – for people struggling with poor work/life balance, trying to be too much to other people, feeling “not good enough” or worried about burnout and feeling un-heard.
- **Returning to self/’The Wild Twin’** – A Day of self-exploration, finding voice and nurturing creativity. Rediscovering the parts you lost and connecting with your inner self, purpose and esteem.
- **Ecosystem Leadership** – Propagate a new approach to your business leadership, inspired by and utilising natural principles and ecosystem design to self/team/org/wider ripples.

Through our nature-based coaching & regenerative approaches, explore activities, resources and reflections to help you leave with a greater sense of self. Surrounded by a beautiful and inspiring nature backdrop. Find the clarity to move forward, get rooted and nurture the seeds you’ve sown through the day. There will be time for self-guided activity, relaxation, and stillness. Woven into exploration, discovery, creativity, and play.

Making the investment

Our 2022 rate is £695 – Dates booked in 2023 will be £765

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