



Individual Nature Based Coaching

Coaching in Nature is a rejuvenating novel way of heart and soul based coaching. As a Coach, I've experienced Nature to be one of the safest and non-threatening places for humans to connect with themselves. As one consciously dives deep into self-awareness, Mother Nature takes care of us to be at ease with whatever shows up—the good, the bad and the ugly.

The various elements of nature - birds, leaves, trees, flowers, water bodies etc almost play the role of a silent coach through metaphors and symbols that adds depth to the coaching process. They often open up a whole new way of looking at ourselves and our life.

So what exactly happens in a Nature based coaching?

Well, the focus is on a deep soul-guided coaching by connecting with nature. The framework is partly decided by you, the client, and partly by nature guided through the coach.

We walk, we talk, we connect, we listen to our inner voice through nature's messages and voila - there is a deep connect with your "true nature".

Is it really that simple?

Well, yes and no.

Of course as a coach I do use some processes like psychometric tests, art based tools, story telling etc that can help you get a better perspective about yourself..just that it is super fun to do it in nature.

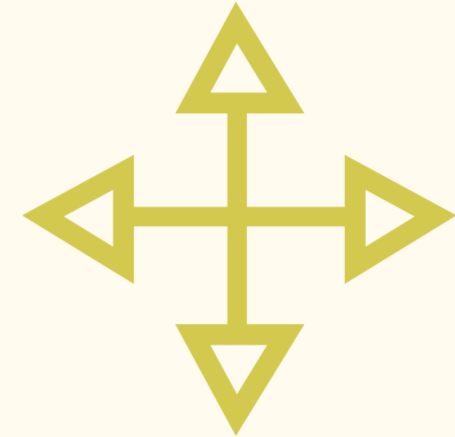
It feels like we are playing! Really!

Time flows so fast that you wish you had more time to play.

What's in it for you?

Well, we look to nature - our own nature, others' nature and the dynamics of environment to help in:

- Gaining clarity of your personal vision, mission, and unique gifts
 - Navigating difficult transitions in your life
 - Getting clarity on your purpose
 - Making important life changes
 - Developing leadership skills
 - Empowering your relationships
 - Building necessary connections - within and outside you
 - Bringing a life of joy, wholeness, & meaning
 - Exploring infinite possibilities
 - Connecting to the child within us
-And much more!



What's different in Nature based coaching?

Inner Voice:

Research shows that Nature helps our minds to become quiet. Kind of like meditation but an active form of meditation which involves movement and opening up our 5 senses. And with that, your 6 sense of intuition unfolds beautifully, giving answers to all your curious questions in life.

Silence:

Nature has an abundance of silence which helps in deeper reflection. The cacophony of chaos around us dies down and clears up our mind space - allowing wisdom to show up.

Get Unstuck:

Get unstuck, quicker. Nature is like a nurturing mother - who accepts you unconditionally and holds space to allow your magic to unfurl without resistance. She sees the best in you. You will feel the flow within you - resistances fall, walls break open, criticisms turn to opportunities, mistakes become luck and our heart expands with self love.

Out of comfort zone:

Outside in nature, you will literally move outside your own comfort zone! It takes effort to step outside the 4 walls of a comfortable room. And with that, you become receptive for new experiences, views & initiatives, you set foot on new paths, explore new views and discover new horizons with ease and enthusiasm.

If you would like more details on Nature based Coaching, drop us an email to connect@natureconnections.in