

Mindfulness

in forests



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Mindfulness has helped me incredibly over the restructure; I have felt like I can **take a step back** and approach things completely differently to how I usually do. Mindfulness also helps me **concentrate**, structure and complete work a lot quicker than I did before. The 45 minutes is a great time for **head space**, which I never get any other time for due to the stresses of **everyday life**.

“

I've used the techniques lots since the workshop - both at work and home - and will **continue to do so**.





I felt **totally relaxed** after the session. It was very **thought provoking** in that it made me see things from a different perspective.

After the workshop my colleagues and I endeavoured to **remind each other** not to get worked up about things. I try to remember each morning what the workshop taught me and overall it has helped a lot. I found it **extremely useful** and would definitely recommend the workshop to everyone.





Colleagues take part in a woodland mindfulness session

Introduction

Mindfulness refers to heightened awareness of what is going on within and around you, in the present moment, in a non-judgemental way.

As numerous studies show, the beneficial aspects of mindfulness include:

- Enhanced cognitive skills: concentration, memory, creative thinking, openness, flexibility
- Enhanced psychological skills: emotional intelligence, coping with stress, communication and interpersonal relationships, self-confidence
- Improved health and wellbeing: stress reduction, illness prevention, improved sleep quality, emotional resilience

Mindfulness in the outdoors

Mindfulness practised in nature strengthens our connection with the natural world, which itself has been shown to be beneficial to health and wellbeing.

It also reminds that we humans are part of something larger, that we have impact on through our actions and that also impacts on us.

We can also draw inspiration from nature by observing how it does things to help us solve a problem or find a way forward.

There is considerable evidence showing how closely our sense of wellbeing is linked to feeling connected to the natural world. Numerous studies confirm the negative effect of alienation from nature.

Mindfulness for businesses

Who we are

The Mersey Forest is a growing network of woodlands and green spaces across Cheshire and Merseyside, which has been creating 'woodlands on your doorstep' for 20 years. We're helping to make Merseyside and North Cheshire one of the best places to live by championing the role of the natural environment for people, wildlife, and the economy.

Our approach

In bringing together mindfulness and nature connection, we offer a unique professional development tool that can lead to powerful outcomes for participants and organisations.

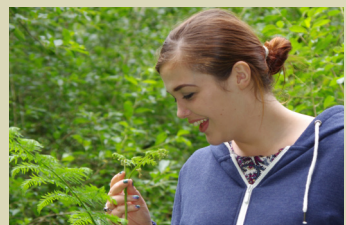
Working in partnership with trained and experienced outdoor mindfulness teachers, our Forest Mindfulness workshops are tailored to the specific needs of the organisation and can respond flexibly to issues as they emerge. We offer half-day and full-day workshops, that can be run as a one-off or as part of a longer programme.

"Before they can manage anything, managers must learn to manage themselves"

(Peter Drucker)

The workshop programme includes forest mindfulness practice, nature-based coaching for teams and individuals, and mindfulness-based team building.

If you are looking to develop your staff, improve team working, find inspiration for tackling tricky problems or are looking for something different for your next Away Day, then contact us to find out more.



Mindfulness for individuals

Practising mindfulness in nature can have great personal benefits for individuals. Our mindfulness sessions will include:

- Learning how to focus attention on our inner experience (physical sensations in the body, feelings, emotions and thoughts) and to the world around us, with open and gentle curiosity
- Observing our experience, seeing it clearly, and allowing it to be just as it is, in each moment
- Accepting the reality of what our experience is, moment by moment, with kindness. Difficult, uncomfortable or unpleasant feelings, thoughts, and body sensations are part of life. Rather than avoiding or suppressing these experiences which ultimately can have negative consequences for mental and physical health, we learn how to be with them, to accept that they are there.

- In being more aware of what is going on within us, we realise we have choice in how to respond to external stimuli, and to the thoughts, feelings and sensations that arise within us. We no longer have to react automatically with habituated unconscious behaviour patterns that may not be serving us well in this moment.

- Cultivating enhanced awareness and appreciation of connectedness and interdependence both within ourselves in our body and with the world around us.

“Mindfulness has equipped me with the tools to be able to train my mind to be more present, reducing stress”

Our programme



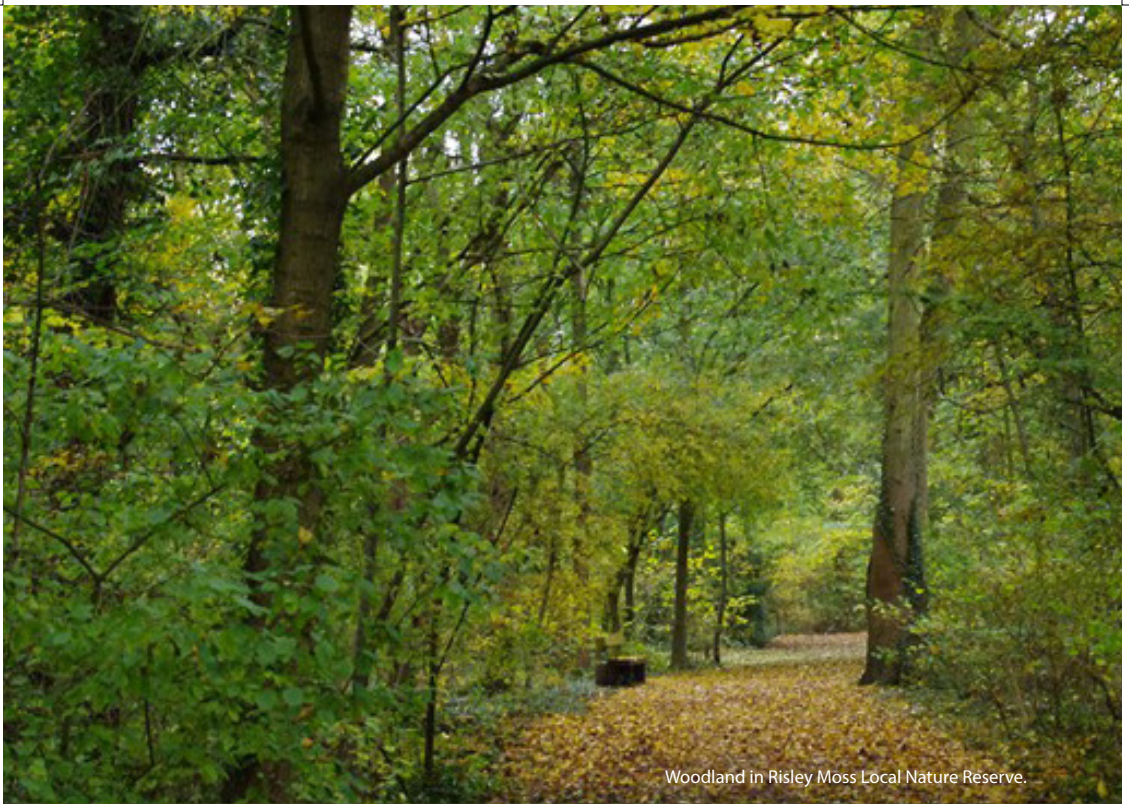
Nature-based individual and/or team training - a solution-focussed approach to gaining insight into work issues and finding ways forward



Mindfulness-based team building - focus on activities that develop emotional intelligence, empathy and interpersonal relationships



Outdoor mindfulness practice – cultivating awareness of what is going on internally in body and mind, and developing sensory acuity to connect with the woodland around



Woodland in Risley Moss Local Nature Reserve.

Our locations

Our Mindfulness sessions are held in the stunning Risley Moss Local Nature Reserve in Birchwood, Warrington.

Other woodlands within The Mersey Forest may also be used as a venue.

About the mindfulness teacher

Nadine Andrews has considerable experience of working indoor and outdoor with people from all walks of life. A mindfulness practitioner for over 8 years, she teaches mindfulness in organisations and to the general public, and uses mindfulness-based and nature-based approaches in her work as a coach, facilitator, researcher and consultant.

Previously, she worked in the music industry and arts and heritage sector for 20 years in strategic marketing and organisational development.

Nadine has professional membership of the Association of Coaching and ANLP, and is a fellow of the Royal Society of Arts, a member of the Association of Psychosocial Studies and is actively involved in the UK ecopsychology movement.

She works to the UK Network for Mindfulness-Based Teachers good practice guidelines. Over the years Nadine has undertaken training in various nature-related areas such as bushcraft, wildlife identification, tracking, wild food foraging, mountain leadership and permaculture design. She runs a voluntary wildlife group in her local neighbourhood in Manchester.



For more information or to book your place, contact us at:

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