

Nature and Earth Connected Coaching

Let the Evidence Base Inspire Your Practice

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Where We Will Journey Today...

- How the existing evidence base on nature connection and Earth connection can help us coach more effectively with nature – even when your clients can't get outside
 - Reflection
- The NatureConnected Framework for Coaching and how it helps you weave nature effortlessly into every coaching conversation you have
 - Reflection
- How you can start deepening your own nature and Earth connection as part of your own coaching practice
 - No-cost next step



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Nature Connection (Subjective sense of feeling part of nature)

- Biophilia (E.O. Wilson & Stephen Kellert)
 - Our affinity with the natural world
 - 9 values of biophilia
 - Naturalistic, Aesthetic, Symbolic, Humanistic, Moralistic
 - Utilitarian, Ecological-Scientific, Dominionistic, Negativistic
- Nature Connectedness (Miles Richardson)
 - There are pathways to creating this (the first line of values)
 - There is a way to scale impact (sensory experience to meaning)



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Biophilia (E.O. Wilson & Stephen Kellert)

- Naturalistic (Spending time in nature)
- Aesthetic (Focusing on the beauty of nature)
- Symbolic (Exploring the meaning you find in nature)
- Humanistic (Looking at the bond you have with nature)
- Moralistic (Deciding how you want to treat nature)
- Utilitarian (The way you use natural resources)
- Ecological-Scientific (The way you learn about nature)
- Dominionistic (The way you master control over nature)
- Negativistic (The way you fear and/or respect nature)

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Starting to Craft Nature Experiences for Your Clients

HIGH
(high cost,
low frequency)

extreme life changing, life threatening

intense wilderness adventure

immerse multi-day recreation

day visits to parks **visitor**

neighbourhood nature **occasional**

**Obstacles
to Access**

(low cost,
high frequency)

vegetation along roads **incidental**

on-screen only **virtual**

LOW

LOW

Number of Participants

HIGH



Earth Connection (Subjective sense of feeling part of the Earth)

- Earth Connection is a subjective sense of feeling part of the Earth.
 - Helps an individual gain a clearer sense of who they are
 - Connects them to a divine cycle of life
 - A conscious relationship that recognises the interconnectedness of the Earth's ecosystem
 - Creates an awareness of the need to support the Earth as the Earth supports humanity.



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Developing Earth Connection

- Regular interaction and engagement with the natural world
- An understanding of the health benefits received from doing so and an ability to articulate them
- A regular and mindful embodied practice that an individual can bring out into their time in the natural world
- An awareness of the individual's relationship to the Earth while out in the natural world
- An awareness of a life and death cycle that includes the individual



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NatureConnected Framework

- Developed from a thematic analysis of:
 - Circular Economy
 - Systems Thinking
 - Natural Capital Accounting
 - B Corporations
 - Biomimicry

- Combined with the evidence base of nature connection & biophilia



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NatureConnected Framework & Weaving It Into Conversations

Create nature experiences in your daily life

Understand the impact nature has on you (and vice versa)



Think and act like how nature works

Consider nature when making decisions

Create solutions that are inspired by nature

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Natural Systems Coaching Community of Practice

- **In service to earth + self by creating a world where people, nature and society flourish**
 - Earthself in partnership with Talik & Co
 - Catherine Gorham part of 'faculty' development
 - Coaches in Asia, Australia, North and South America involved
- **Data Gathering Sessions**
 - **First: February 26th @ 1pm – 3pm UK time**
 - You will be sent a question and nature activity to do before the session
 - We will explore what you need from a community of practice and co-create it together
 - As thanks, we will gift you The NatureProcess guided exercises (value: £48)



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