Nature and Earth Connected Coaching earthself **Let the Evidence Base Inspire Your Practice** © 2021 Earth Self Ltd. All Rights Reserved

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



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)



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)



Starting to Craft Nature Experiences for Your Clients

life changing, life threatening HIGH extreme (high cost, low frequency) wilderness adventure intense multi-day recreation immerse day visits to parks Obstacles visitor to Access neighbourhood nature occasional vegetation along roads | incidental (low cost, high frequency) on-screen only virtual LOW LOW Number of Participants HIGH

GH earthself

Buckley RC, Brough P. Economic value of parks via human mental health: an analytical framework. *Front Ecol Evol* (2017) 5:16. doi:10.3389/fevo.2017.00016

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.



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



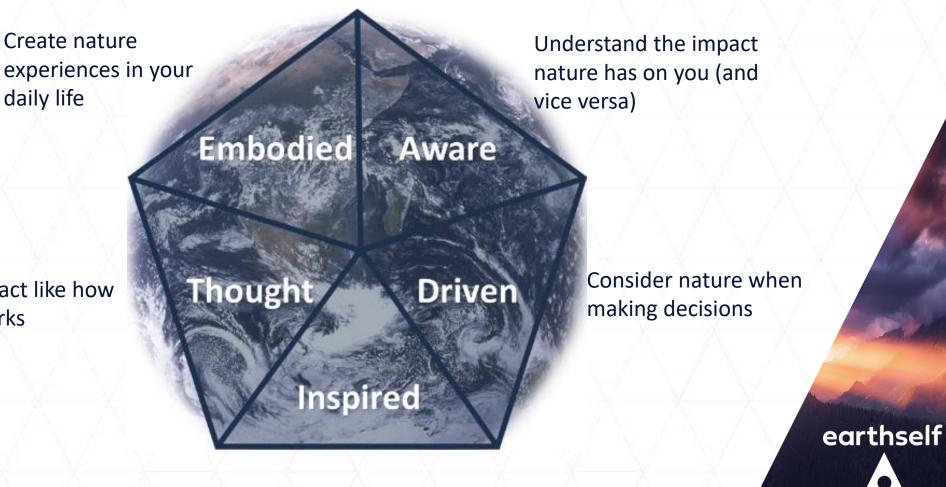
NatureConnected Framework

- > 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



NatureConnected Framework & Weaving It Into Conversations



Think and act like how nature works

daily life

Create solutions that are inspired by nature

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)

