

Volume 6
June 2025

Coaching in and with Nature newsletter

Co-creating with Nature - a living exchange

Nature has a number of different strategies in creating **collaborative** conditions that are beneficial to all. One of the most useful is **mutualisms**. Mutualism in nature takes many forms and ultimately means “*prospering in a reciprocal partnership where the success of one party supports the success of the other*”. For example the clownfish and the sea anemone have formed a great mutual partnership. The tentacles of anemones sting most other fish that come near, but the mucus on the clownfish protects it from their sting. The clownfish has a home and in return protects the anemone from its predator, the butterfly fish.

Co-creation is a step beyond collaboration. Co-creation is about envisioning something entirely transformational which not only disrupts the old but transforms it completely. An example in nature is the transformation of the caterpillar into a butterfly. As the caterpillar dissolves into a gelatinous mass, new ‘imaginal’ cells start to transform the old caterpillar cells which struggle against the change, trying to stay like the old caterpillar. Eventually the imaginal cells which hold the image of the butterfly begin to build the wings of the butterfly and co-create something transformational.

The opportunity to **collaborate** or even to **co-create** to deliver a regenerative future should be on our agendas regularly. Our challenges are now so systemic that only collaborative and co-creative approaches, where collective intelligence is shared openly, can hope to solve some of the major issues we face.

Working with the CCA Seasonal Heartbeat theme of collaboration, that started in June, we have lots of collaborative nature events coming up within the Nature Pod and with other CCA Pods.

Celebrating recent events

a) In-Person walk collaborations

May saw a month of in-person connection collaboration, with groups getting out into nature and walking together in many different locations around the Earth Day week. CCA groups met in Scotland, England, Singapore, China, Italy and Portugal, with mindfulness walks, Deep Time Walks, walk and talk, nature immersion walks, and forest bathing. As much as it is wonderful to connect

“We need to shift from thinking about ‘competitive advantage’ to co-creating ‘collaborative advantage’ if we want to create a world that works for all.”

Daniel Christian Wahl

globally with the CCA community through the power of technology, it has highlighted to us the importance of meeting in community face-to-face, the many benefits of walking in nature, and the diverse landscapes we inhabit and the many ways of connecting with nature. The walks are still continuing across more locations around the world, so please let us know so we can highlight these in our next newsletter.

"I enjoyed walking barefoot and feeling the dew on my feet. It reminded me of walking to school when I was young."

"I'm really grateful for this walk, the company and being in nature. It gave me a chance to create a quiet space in my noisy mind and world."



b) Co-creating with the sea

- At the end of April we were delighted to welcome Lizzi Larbalestier who shared the magical benefits of coaching with the ocean in her session on Blue Health Coaching. This inspirational and generous session showcased all the different kinds of water that you can coach with and how it affects us neurologically and emotionally. Thank you so much, Lizzi, we look forward to your upcoming book!
- In a wonderful session hosted by the CCA Africa Pod on 29 May we heard about inviting Mother Nature to the Board. Led by [Chris van Melle Kamp](#), member of the CCA Africa chapter, executive coach and chairman of the Sea Change Project that produced the 2020 film, "My Octopus Teacher", we were asked provocative questions about how business leaders use their agency. He also invited us to think about how nature is indeed every business' main shareholder, if we expand our perspective to see the interconnectedness of all living things. We very much recommend you take a look at the short film that was shared [Mother Nature in the Boardroom](#) and trailer to the movie [My Octopus](#)

[Teacher](#). If you missed this wonderful session, it will be posted on our community page shortly.

c) Collaboration with the Inner Development Goals (IDGs) Community of Practice (COP)

- Nature's role in the Thinking Dimension on 7 May led by Julia Tew of the CCA-IDG COP - this session explored how our connection with nature can enhance our problem-solving, creativity and decision-making capabilities.

Practical takeaways

How can we integrate nature into decision-making?

- Take 'walking meetings' outdoors.
- Step outside for five minutes before making a big decision.
- Use nature metaphors for problem-solving (biomimicry) – a useful online resource is AskNature.org.
- Surround our workspace with natural elements (plants, gardens, nature images).
- Schedule regular time in nature for reflection & relaxing.
- And be aware and thoughtful of our consumption.



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INNER
DEVELOPMENT
GOALS

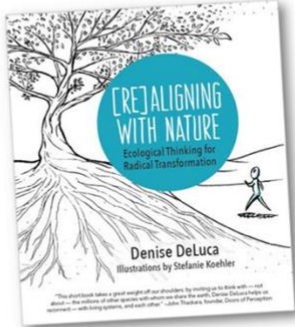
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Upcoming events in June/July

- *24 June* – Re-aligning with nature, a conversation with Denise DeLuca
- *24 June* - Move to Nature's Rhythm Earth Listening Circle with Muriel Bauer
- *25 June* - Coaching with Courage, Nature-Inspired Action with Helen Roberts from the IDG COP
- *3 July* - nature connection walk at Knepp, West Sussex, UK hosted by Anna Brown and Lydia Stevens
- *10 July* - Nature's Guide for leaders and Coaches with Joy Khoo

Keep an eye out on the [CCA Upcoming Events Page](#) for more details on all these events.

Our June Gathering




A Conversation with Denise DeLuca


Author, Think Like Nature Guide,
Biomimicry expert

Tuesday 24 June | 4-5pm SAST

We'll discuss effective ways of working with people to explore nature's paradigms, principles and practices, and to generate the wildly innovative thinking needed to address real and relevant challenges, from the highly technical to the highly personal.


Access Denise's book and future coach-the-coaches sessions.





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COACHING IN AND
WITH NATURE



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AFRICA



a. The Joint Global Statement Group (JGSG) has now been renamed the Sustainability Coaching Coalition (SCC) and expanded in scope. The CCA is proud to be one of thirteen signatories from the key global coaching, mentoring, coaching psychology and supervision professional bodies and organisations. As part of this redefining process, nature has been given a seat at the table in the SCC meetings. If you would like to explore the concept and how to do this in your meetings, there is a PDF in our Nature Pod Community Page.



b. CCA Nature Pod Community Page is now also home to the CCA-IDG Community of Practice and we have adapted our text to reflect this collaboration of communities. Watch out for more communities who are working with the nature pod

...And finally

As ever, keep your eye on the Coming Events page on the CCA website for other nature related events [Coming Events – Climate Coaching Alliance](#)

See you at the next gathering and meanwhile, over this next season, engage in a daily practice with one of these 4 Cs when in nature:

Connect, Communicate, Collaborate, Co-create