

‘Coaching In & With Nature’ Newsletter

A Time of ‘AI’ – Abundance and Interconnection

The UK's hottest summer on record has triggered a "mast year", when trees and shrubs produce an unusually large number of fruits and nuts like acorns, conkers and berries. This occurrence happens by a combination of evolutionary strategy, resource accumulation and weather and climate effects.

Mast years teach us about sharing abundance, honouring interconnection and communication, planning ahead to cope with unforeseen changes, and using our resources wisely by cooperating and only taking what we need.

Five points to learn from masting:

1. the power of synchrony and cooperation across all species
2. rest and recovery are essential after a mast year
3. invest in future abundance and prepare for periods of scarcity
4. adaptation is key
5. giving and sharing strengthens the system

Part of abundance is also our ability to celebrate diversity, inclusivity and difference within our systems.

Celebrating Diversity, Inclusivity and Difference

(adapted from an excerpt of a book chapter by Anna Brown)

Living systems principles celebrate diversity, inclusivity, and difference. Capra (2014) notes that biodiversity enhances resilience and adaptability in ecosystems - and, similarly, diversity in coaching unlocks individual potential (Whybrow, 2023).

Nature-integrated coaching and supervision embrace these perspectives, honouring multiple ways of thinking, being, and responding. Hutchins and Storm (2019) show that valuing both shared values and differing viewpoints boosts creativity and performance.

What is a mast year?

Every few years, trees such as oak and beech produce a bumper crop of nuts or seeds, collectively called mast.

In mast years, the ground beneath trees can be thick with acorns or beech nuts — a spectacular, if irregular, display of abundance.



Just as every organism plays a unique role in nature's web, every client brings a vital, distinctive contribution to the world. Recognising this diversity is fundamental to coaching and supervision that help individuals and organisations thrive.

Walks that have taken place

Knepp Walk on 29 Sept



Anna Brown and Lydia Stevens held another seasonal walk on 29 September at the Knepp Estate in West Sussex, UK, where beautiful autumn sunshine set the scene for another spectacular nature immersion. Some real highlights were climbing into tree houses to admire the views, marvelling at the mast year for acorns, and providing these acorn treats to a free-roaming Tamworth pig we happened across. Some adjectives used to describe our time together were “lovely”, “nourishing”, “beautiful” and “stimulating”. The next seasonal walk (winter in the UK) will be on Friday 30 January. Then the final walk in this Knepp series being held on Friday 24 April, finishing as we began, one full rotation of the earth later, with marking Earth Day.

Feedback on Events

1. CCA Africa Chapter Meeting (16 Sept) “Coaching in and with Nature”



Integral coach and ecotherapist Lucy Olden shared insights on coaching in and with nature, from an eco-centric perspective, and coming home to ourselves as natural, resourceful participants in the web of life. Members learned that, to really change perception and behaviour in ourselves and our clients, we need to reawaken the ecological self, reawaken belonging, and remember all life as kin.



2. “Soulcraft” with Simon Divecha and Hazel Farrer (4 Sept, 7 Oct)

Following the IPBES report (and endorsed by 147 governments and the UN), that said, that for transformation “spiritually reconnecting humans and nature” is vital”, ‘Soulcraft’s Simon Divecha and Hazel Farrer led practices and intuitive ways to connect at this level. Feedback comments included:

“Returning to my safe space held in the Gorge again and again.” | “A felt sense of the fiery womb of the Earth.” | “Time and dimension travel.” | “An opportunity for rebirth.” | “I felt so safe and held.” | “I’m treasuring this insight. It feels right-aligned, energising and strong.”



3. “Global Day of Listening” with Sheri Peterson (21 Sep)

On this day, thousands of people across the world celebrated the Pachamama Alliance’s “Global Day of Listening”. Sheri Peterson led an Earth Listening Circle, integrating the Spiral from the [Work that Reconnects](#), deepening the practice that restores a relational way of being spanning generations, cultures, and communities. Sheri also shared this beautiful blessing at the end of the practice “[In Your Bones](#)” by Olivia Fern.



4. CCA-IDG Community of Practice: “Forgiving as Composting” (2 Oct)

A deeply moving and experiential session where we explored nature’s metaphor of composting as a way to transform past hurts and stories that shaped us into fertile ground for new shoots of understanding. Through guided visualisation, examples in nature, traditional wisdom and somatic practice, we experienced forgiveness not as discarding, but as restoring balance.

Forgiving as Composting - Somatic Practice

1. Step backward into your past - feel into what is here.
2. Shift the weight of your body - experience any sensation(s) that might be present.
3. Step forward into re-engagement - feel into what is emerging.

What are my senses reminding me about forgiveness?



Celebrating our Mast Year



Membership of the 'Coaching In & With Nature' Pod – As we celebrate two years from setting up with two people, we have now reached our 200th member, with a range of members from 36 different countries. As the Pod grows from acorn to sapling to tree, we are conscious of wanting to expand the organising team beyond the core four to ensure a strong, diverse and sustainable foundation for the future. Especially in expanding representation, if possible, to include all the global regions of our membership.

Calling Potential CCA Nature Pod Volunteers!

Some of you have already been in touch offering to support the Pod admin in various ways - thank you! In true nature style, we will be emergent with this and initially invite people to gather around two of the core functions for now: (1) events and (2) newsletters. If you are keen to get involved with either planning, hosting and organising nature themed events and gatherings or writing and creating our newsletter, please let us know. We are particularly interested in people with Substack experience/knowledge!

If you are interested in contributing to our Pod, please join us for a CCA Nature Pod Emerging Volunteers meeting on Tues 11 November at 4pm CET. If you are unable to make this date, but would still like to contribute, do get in touch via our email: naturecoaching@climatecoachingalliance.org

October/November Events:



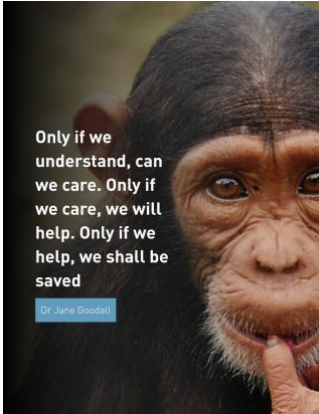
- 19th October – 'Deep Time Walk' - Gelora Bung Karno, Jakarta
- 22nd October – 'Move to Nature's Rhythm! Autumn Earth Listening Circle' with Muriel Bauer
- 28th & 30th October – Re-aligning with Nature Mini Workshops
- 5th November – Watch Party - "Famous Last Words" with Dr. Jane Goodall
- 11th November – Nature Pod Volunteer gathering
- 20th November – Footprint of the Soul - A way of walking

Visit the [CCA Coming Events Page](#) for more details on all these events.

Resources That Have Inspired Us Recently

- *The Serviceberry* by Robin Wall Kimmerer
- *The Book of Hope* by Jane Goodall
- *The Boy Who Grew a Forest* (children's book and audio)

And Finally, In Memoriam



As we celebrate abundance, interconnection and diversity, who better to honour and pay tribute to than Dr Jane Goodall (3 Apr 1934 to 1 Oct 2025), founder of the Jane Goodall Institute and a UN Messenger of Peace. Embodying courage and conviction throughout her life, she was dedicated to protecting wildlife, promoting conservation, and fostering a more respectful and sustainable relationship between people, animals, and the natural world. In 1991, she founded *Roots and Shoots*, a global humanitarian and environmental programme that empowers young people to make a difference in their local communities for animals, people and the environment. Join a [Roots and Shoots](#) near you.

The following video highlights some of the Jane Goodall Institute's decades of chimpanzee research and conservation efforts and explores the community-centred approach to protecting chimpanzees and their habitats:

[Dr Jane Goodall video](#)

Wishing you a season of abundance, connection & variety in Nature.

See you at the next gathering!