CLIMATE COACHING ALLIANCE
NATURE POD

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Nature Pod Newsletter

Embodying our connection with Earth



Embodied Earth Connection signifies a direct, physical and felt relationship between the human body and the planet's natural systems. This connection is not merely intellectual but involves a deep, sensory awareness of one's physical presence within the Earth's environment. It suggests that our bodies are inherently part of the ecological web, influenced by and influencing natural processes.

This understanding can lead to a profound sense of belonging and responsibility towards the planet. It emphasises the importance of direct physical interaction with nature for human well-being. This connection helps individuals perceive themselves as integral components of Earth's living systems.

This connection is actively fostered through practices like outdoor somatic movement, barefoot walking, and mindful gardening. Environmental education programmes often incorporate experiential learning to help participants develop this physical relationship with nature. Therapeutic interventions in natural settings, such as forest therapy, aim to deepen this bodily connection.

Coming up on 5 December 2026 is World Soil Day, which is a UN observance that promotes awareness of healthy soils and the need for their sustainable management. It draws attention to soil's role in producing 95% of food, regulating water, hosting biodiversity, and combating climate change, while warning of threats like erosion and pollution.

"I put soil first because it represents nature and sustains the entire life-system. Everything comes from the soil and returns to the soil."

- Satish Kumar

Feedback on Past Events

The **Knepp Walk Community Gathering** scheduled for 23 October was cancelled due to Storm Austin. It will now take place on Friday 27 November. If you are based in the UK and will be near the south coast on this date, kindly contact Clara Kallai (clara.kallai@emccglobal.org) if you'd like to join.

Community Inquiry Session On 28 Oct, members of the community convened for an inquiry session, exploring some of the topics that emerged this time:

- *How do we ensure we tune into the reciprocity of the earth and not slip into extractive behaviours in our coaching?*
- *How do I support clients to awaken their senses at the beginning of a nature coaching session?*
- *With group coaching walks along the river, how do I pause the group or interrupt to bring the group together in a way that feels more fluid?*
- *How might we explore the ecological footprint of AI with clients?*
- *How do we engage young people in nature connection?*



What can waves and blue spaces teach us about ourselves, each other and the nature of change? Hosted on 16 Sept with Lizzie Larbalestier

We experienced a rich body of knowledge with many different coaching techniques from blue mind, flowscapes, wave wisdom and aspects, rhythms and cadence of waves. Coaching included duck diving, one quality of how wild water expresses itself as a life navigation option.

Csilla said: "This was such a useful session that I used it with a client when we were near a body of water and my client loved the whole method of coaching in this way."

Composting Coaching: What does nature-aware coaching still assume that needs to rot? Hosted on 22 Oct

In this creative and interactive session, we explored rich perspectives of what we are holding knot and what we are allowing to compose together as a collective. We explored the difference between rot (to decompose) and wrought (to be remade and transformed) where rotting is also a place of rest and togetherness and a tender space to disassemble. With each breath we make a choice of what we preserve and what we leave to rot. We were invited to consider how we might find ourselves 'bewilded'.

Nature-based Coaching with ADHD Clients On 5 Nov James Farrell led this popular session where members could discover how nature can inspire coaching with neurodivergent clients - especially adults with ADHD. In this engaging, interactive session, James shared how Nature Based Coaching can help transform challenges like attention, motivation and emotional regulation into concentration, calm, creativity and compassion *"in service of the coachee and the world through them".*

Global Nature Days & Events to Remember



26 November - World Olive Tree Day
27 November - Buy Nothing Day
29 November - International Jaguar Day
5 December - World Soil Day
5 December - International Volunteer Day
11 December - International Mountain Day

CCA Nature Pod Events

***"Nature Practitioners Network"* on Fri 4 December, 10:00-12:30 GMT.** Meet, share and learn with other facilitators of nature-based and nature-inspired learning, with Nicki Davey and JK McQuinn. Whether you're just starting out on your journey as a nature practitioner, or are an experienced leader in this field, you'll be made very welcome.

***"Getting Started with Nature Coaching"* on Wed 27 Jan 2027, 16:00-17:30 GMT.** Lesley Roberts (nature coach and author of "Coaching Outdoors") brings her wisdom to this session, supporting those who feel a deep nature connection but are not sure how they might integrate this with their coaching.

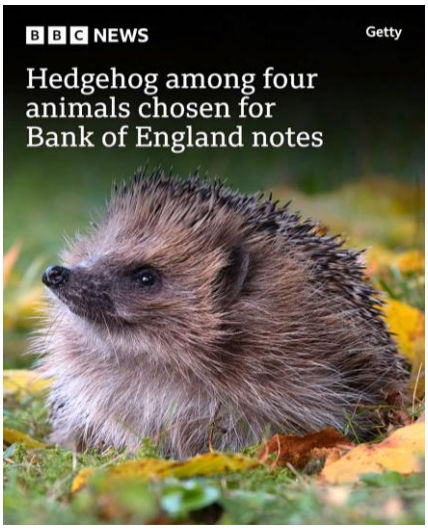
CCA Nature Pod Community Meeting: Polarities, Paradoxes and Paradigms on **13 Jan 2027, 16:00-17:15 GMT.** Join us as we celebrate the third anniversary of our Pod and moving beyond our 330th member. In this time of polarities and division, we will come together as a Pod to explore some of the paradoxes we experience as coaches and humans in this world, and new paradigms that are emerging:

- Technology, human and nature
- Joy and grief with nature and nature coaching
- Inner and outer dimensions
- Them and Us

Visit the **CCA Coming Events Page** for more details on all these events and to reserve your place.

Resources

- Research article in Frontiers in Psychology, 29 Aug 2024: *Embodied earth kinship: interoceptive awareness and relational attachment personal factors predict nature connectedness in a structural model of nature connection.*
- Homo, humus... humilis - Renowned Indian physicist, social activist, and author Vandana Shiva talks to 'The Journal' about the much-needed shift in perspective which will allow us to develop a more respectful and interconnected relationship with the natural world.
- How to Live on Earth - Feature documentary presented by Benedict Cumberbatch
- Coaching Outdoors, a book by our January speaker, Lesley Roberts
- The Risks Beyond Human Eyes study: As part of an experiment, volunteers from a Somerset community were trained in the physiology and sensory abilities of a chosen animal – red deer, kestrel, earthworm, otter or salmon – before heading out to experience its world firsthand. They then plotted a 30-year plan to save their polluted river.
- Listening to the Land Podcast
- Comedy Wildlife Photography Awards 2026
- Nature Centric film



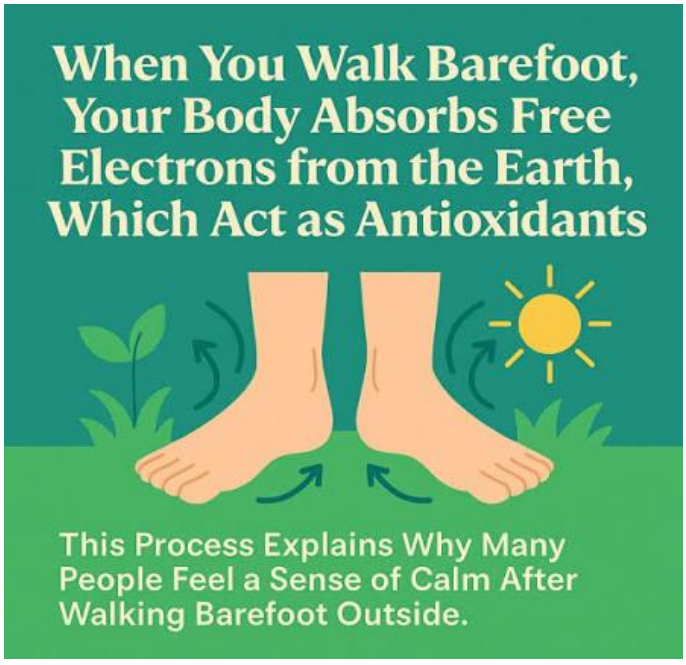
Ask nature

“Soil and rocks know they are dancing in a continuous giveaway of making, unmaking, and making again the earth. Our elders say that ceremony is the way we can remember to remember. In the dance of the giveaway, remember that the earth is a gift that we must pass on, just as it came to us. When we forget, the dances we'll need will be for mourning. For the passing of polar bears, the silence of cranes, for the death of rivers and the memory of snow.”

- Robin Wall Kimmerer, *Braiding Sweetgrass*

Nature practice

Earthing or grounding refers to direct physical contact with the earth - walking barefoot, touching soil, sand or water, and even lying on the ground. This practice has been shown to reduce cortisol levels, promote relaxation, improve mood and decrease anxiety, and support sleep regulation. It’s a simple yet powerful practice that can be woven into daily life with minimal effort.



And finally…

The **Palau Pledge** is the world's first mandatory environmental immigration policy. Launched in 2017 by Palau, a country in the heart of Oceania, the pledge requires every incoming international visitor to sign an eco-conscious promise stamped directly into their passport before entering the country.

Written as a formal promise to the children of Palau, the pledge states:



"Children of Palau, I take this pledge as your guest, to preserve and protect your beautiful and unique island home. I vow to tread lightly, act kindly and explore mindfully. I shall not take what is not given. I shall not harm what does not harm me. The only footprints I shall leave are those that will wash away."

Key rules and requirements of the pledge include:

- **Passport stamp:** Visitors must physically sign the ink-stamped pledge in their passport at customs.
- **In-flight education:** Travellers watch a mandatory eco-educational video during their flight into Palau.
- **Prohibited actions:** Tourists cannot collect marine life, feed or touch wildlife, damage coral, smoke in restricted areas, or litter.
- **Eco-friendly habits:** Visitors must use reef-safe sunscreens and carry reusable bags and water bottles.
- **Penalties:** Violating local environmental laws can result in heavy fines (up to $1 million in certain severe regulatory contexts).

Prompt for our Nature Pod members: Do you think more countries should consider such a pledge, in response to the urgent need for eco-responsible tourism?

Pay it forward

Have you considered supporting the CCA and helping this volunteer-led movement grow and reach more communities? Donate to the CCA today!