



An introduction to nature connection ideas and skills that you can use to guide extraordinary and memorable nature experiences for your people.

10 am-10 pm Thursday 21 to 6.10 am to 6.16 pm Friday 22. Paekakariki, Kapiti, Wellington

WHO IS IT FOR?

Are you looking to really engage your clients and provide more value to them? Do you want to more clearly differentiate yourself in the market place? Are you keen to develop your skill set in a new and exciting area? The course is suitable for people who work in a range of settings who are curious to see if nature connection is the “x” factor they are looking for:

- Tour guides
- Eco tourism operators
- Outdoor instructors
- Therapists
- Youth leaders and teachers
- Social service providers
- Facilitators
- Science Communicators
- Conservation professionals
- Nature-preneurs
- Facilitators
- Coaches and mentors

You will already have a good understanding of your people and their needs as well as basic health and safety.

The course is suitable for people of most abilities - if you can walk slowly for an hour with a small daypack you can do it (or if you have special needs please contact the organiser as we can almost certainly design-in a way for you to participate).

The course is limited to a maximum of 12 people so you will need to book in quick.

WHAT ARE THE BENEFITS OF NATURE CONNECTION EXPERIENCES?

Nature connection can bring real benefits to the people you work with. And the benefits go well beyond physical health or learning about wildlife. One significant nature experience can affect someone deeply and be a key to personal transformation. Nature connection can create those memorable moments that means someone is much more likely to visit again or recommend you to a friend.

“There is already research evidence that exposure to nature can reduce hypertension, respiratory tract and cardiovascular illnesses; improve vitality and mood; benefit issues of mental wellbeing such as anxiety; and restore attention capacity and mental fatigue.....But more than that, feeling a part of nature has been shown to significantly correlate with life satisfaction, vitality, meaningfulness, happiness, mindfulness, and lower cognitive anxiety.”
<http://www.bbc.com/earth/story/20160420-how-nature-is-good-for-our-health-and-happiness>

Nature connection is more than just looking through the viewfinder. It is becoming part of the landscape, even if just for a moment. Nature connection is a contact sport that is accessible for everybody. In today’s busy and screen-oriented world who would not want to offer help for people to see things differently, relax and recharge? Through hosting fun, engaging and gently challenging micro-adventures that delight you can help people get back into their bodies and be more connected to nature. They will come away rejuvenated and full of wonder.

“For 350,000 generations humans have lived close to the land as hunter-gatherers; a sense of belonging, place, and feeling embedded within the broader natural world characterized these cultures. In some ways, then, it would be surprising if the modern life of being divorced from nature did not have some negative consequences associated with it and that being in nature had positive benefits. When practitioners think of how to create settings to help clients feel better, they may want to think of more than simply how nature can restore depleted attentional capacity and reduce stress. They may also want to think of how people need to feel a sense of belonging to something larger than themselves and that this need may be fulfilled through a sense of belonging or connectedness to the natural world.”
https://www.researchgate.net/profile/Cynthia_Frantz/publication/238428905_Why_Is_Nature_BeneficialThe_Role_of_Connectedness_to_Nature/links/543be72c0cf204cab1db5017.pdf



This course uses extensively researched and practised theory and facilitation to help you find ways to engage your clients in exploring all the benefits of time in nature. Incorporating nature connection techniques into your practice can add value to your existing programmes and the “x” factor to differentiate yourself in the market place.

For example, research has shown nature connection can be essential for conservation education:

“Research has shown that empathy with and love of nature grows out of children’s regular contact with the natural world. Hands-on, informal, self-initiated exploration and discovery in local, familiar environments are often described as the best ways to engage and inspire children and cultivate a sense of wonder. These frequent, unstructured experiences in nature are the most common influence on the development of life-long conservation values.”

If you are in Tourism, your clients are looking for unique authentic experiences that they haven’t tried before:

“A unique combination of interpretation and embodied tourist experiences can elicit feelings of wonderment, awe, and engagement; thereby facilitating lasting sensory impressions, emotional affinities, new environmental awareness and interests, and treasured memories; all of which potentially frame further wildlife experiences at home and away”

https://www.researchgate.net/publication/268335229_Wildlife_Tourism_Reconnecting_People_with_Nature



WHAT WILL THE COURSE COVER?

- The course is very experiential and you will be outside for most of the time, learning by doing
- The course is designed to build on your strengths and for you to share skills and knowledge with people from a range of backgrounds
- We will explore some powerful ideas and principles for nature connection that can be applied to almost any situation
- You will get a chance to develop key personal qualities and nature connection routines for yourself
- You will learn about more than 20 nature connection activities
- You will learn how to structure a nature connection experience; sequencing activities for maximum effect
- A taster of expressive and arts activities

- You will cover top tips on the practicalities such as choosing the venue, equipment, and Health and Safety considerations particular to nature connection
- You will get a chance to adapt what we cover to your particular circumstances, give it a try and receive feedback
- Follow up access to a peer community of support and a free 1 hour coaching session to fine tune your future plans
- Advanced courses or one on one coaching will be available if you want to further your practice.

INVESTMENT

The course fee includes

- All meals
- Overnight accommodation in a lodge
- Transport on the course
- Use of all equipment
- Course hand book
- Follow up 1 hour coaching session
- **Waged/for profit or government organisations \$550**
- **students/unwaged/not for profits \$300**
- **early bird discount of \$50 off if book by July 31**

You will need to bring

- Your own sleeping bag or duvet and towel
- Suitable practical clothing (a list will be provided)
- Small day pack and water bottle
- curiosity

LOCATION



Paekakariki is a seaside village nestled between the long beach facing iconic Kapiti Island and the Tararua ranges. It is surrounded by easily accessible natural places from the thrilling escarpment “stairway to heaven” path to the secret Kohekohe dells of Whareroa farm park. (you might want to

extend your stay for the weekend and visit Kapiti Island – one of New Zealand’s oldest and most important nature reserves). We will stay in simple lodge accommodation with bunk beds and shared bathrooms (however a separate room can be available if you get in quick).

Transport: Paekakariki is 45 minutes by train or car from Wellington. There is an airport 15 minutes away at Paraparaumu. The venue is a 15 minute walk from the train station – you will be met from the train if needed. There is plenty of parking at the lodge and there is a cycle route connecting to neighbouring towns. Further info: <http://www.kapiticoast.govt.nz/Our-District/Visiting-Kapiti/>

ABOUT THE COURSE LEADER



Your course leader is Liana Stupples. Liana is an independent facilitator and nature connector who has been helping people and their environment for over twenty years. As well as running a successful strategic facilitation consultancy, Liana is the creator of Re-wild Yourself retreats, Re-wild Your Grown-up family adventures and innovative projects such as Liana’s Parlour of Natural Beauty. She has run training for the last 12 years and has worked with a great variety of clients from government, business and the community sector. Liana runs a smart and safe programme; she has a MSc in Natural Resource Management, has a strength in eco-psychology theory and practice, holds a Diploma in Outdoor Adventure and is trained in advanced outdoor first aid.

Liana somehow helps you feel relaxed and open to new experiences; she will stick beside you as you challenge yourself. She can find the playful side of most things and she commits to bringing an engaging energy as well as sensitive facilitation skills to every event she runs. She has a deep love and appreciation of the natural world, particularly the Aotearoa bit. In addition Liana enjoys weaving creative arts and music into her work; as a developing song leader and visual artist.

WHAT PEOPLE HAVE TO SAY ABOUT LIANA’S WORK:

Extraordinary facilitation training:

“Amazing”

“Transferable skills to business and outdoor world”

“Great modelling of facilitation – experience it before you try it”

Re-wild retreats:

www.liana.kiwi.nz

021 154 6034

liana.stupples@gmail.com

"It was the best fun I have had in a long time; with a great mix of luxury and groundedness. It felt like a treat for the body and for the soul. Now I have a whole new repertoire of ways to nourish and be nourished by nature."

"I'm feeling light of spirit, delighted, ever so slightly light in the head.... with fond memories of candle light too... thanks Liana and co-wildees for a nuturing, adventurous weekend journey and treat."



Re-wild your Grown-up

"Liana was an enchanting leader of both kids and grown-ups. It was an invigorating afternoon, with everyone leaving with smiles and wild sparkles in their eyes"

Liana's Parlour of Natural Beauty

"Empty spaces were transformed and I gazed in open mouthed admiration at the vision that was Liana's Parlour of Natural Beauty.... I was fortunate to accompany tamariki from our kura who excitedly sampled Liana's natural health and well-being treatments... It reminded me why councils should spend money on arts projects and how artists and scientists working together can create work that delights as well as educates us about our own environment."

HOW TO BOOK

Email liana.stupples@gmail.com for further information or download an application form from <http://liana.kiwi.nz/learn-to-be-an-extraordinary-nature-connection-guide/>

