

# Coaching with Nature Course for Coaches

## Reconnect. Reimagine. Regenerate

*“A wonderful programme, in the perfect location, combining the warmest of welcomes  
....highly recommended.” Betty O’Callaghan, Mojo for Leaders*

***Experience the transformational impact nature can bring to your coaching***

Join us for a **two-day immersive in-person retreat** for seasoned coaches who feel the call to deepen their practice. Held in the **heart** of the Irish countryside, this course invites you to slow down, reconnect with yourself, the land, and invite nature to become your co-coach.

- *What if nature could be the biggest differentiator in your coaching?*
- *What would it be to step outside with your clients in nature?*
- *How might it transform their way of being?*
- *How might it transform the way you coach?*

***“When I slow down, I see twice as much.” Tara Brach***

Weaving together **neuroscience, mindfulness attitudes, nature practices, Theory U & systems perspectives, & insights from indigenous wisdom**, together we’ll explore what we can learn with nature, and how to cultivate conditions for deep transformational coaching.

### When?

- **April 16 & 17** - a **two-day in-person retreat** in the *beautiful surroundings of Fuchsia Lane Farm* (arrive by 12:30 Thursday April 16, closing Friday April 17 16:30)
- To support participants to get the most from the course, we have offer pre and post Zoom sessions
- **Pre-course session:** Wednesday March 24<sup>th</sup> 19:30 - 21:00 - preparing the ground
- **Integration session:** May 13<sup>th</sup> 19:30 - 21:00 - sharing experience, learning & challenges

### Who is this for ?

Experienced coaches curious to deepen their coaching practice, grow their presence, while exploring & experiencing the profound benefits of coaching with nature.

***“Nature does not hurry, yet everything is accomplished.” Lao Tzu***

*“I left with a renewed sense of presence in how I coach and a deeper trust in the quiet work that nature continues to do, within and around us.” Tina O’Dwyer, The Tourism Space*

### **During the course you’ll be invited to explore:**

- Nature as co-coach and co-regulator
- How nature naturally supports presence
- Neuroscience & working with the body & nervous system
- The power of movement, metaphor & mindfulness
- Listening to the land & what nature teaches us about living systems
- Solo walks to restore inner stillness, deepen reflection, & access deep wisdom
- Peer coaching sessions held by nature
- The practicalities of coaching with nature - side-by-side & virtually

*This is coaching that taps into the rhythm of the seasons, the wisdom of the wild, and the quiet companionship of the world outside your door.*

### **Pricing**

Including **one-night accommodation** in **Fuchsia Lane Farm Cottages**, **lunch, teas/coffees** on both days, & **dinner** on first evening, plus **free email & phone support** €950. Camping & campervan facilities also available.

**With 30% Skillnet funding subject to eligibility & availability.**



**[To register click here](#)**

### **Overview of the in-person retreat**

*“The real voyage of discovery consists not in seeking new lands but in seeing with new eyes.”*

*Marcel Proust*

This learning retreat is an invitation to give yourself the gift of time, step back from the busyness of daily life, with the intention of creating space to ‘see with new eyes’. Our intention is to be with nature experimenting with a variety of practices throughout the two days outdoors.

#### **Day 1 Thursday April 16th**

**12:30 arrive & settle in**

**13:00 Lunch in Haybarn Hub**

**14:00 Afternoon Session:**

#### **Reconnect**

**Rooting with Presence**

Theme: “I just stepped outside.....” - thresholds, slowing down, beginning to listen

#### **Crossing the Threshold**

- Gentle arrival, welcome, group agreements
- Grounding practice with nature - breath, body, belonging
- Nature as co-coach
- Beginner’s Mind Walk

***"If you want to step off the treadmill, slow down and connect with nature and yourself then this is the programme you will want to gift to yourself as I did." Ailbhe Harrington, Aspire Coach Training"***

### **Listening to the land**

- Nature, neuroscience & the nervous system - why place matters
- Eco-somatic awareness: noticing inner shifts through outer contact
- Listening with the whole body

### **Co-Coaching & other practices with nature**

- What new seeds are being sown?
- What new seeds will I tend?

Throughout the two days you'll have the opportunity to experience the impact of mindfulness and nature practices, walk & talk coaching with nature, embodied practices, all supported by neuroscience.

**18:00 Check in to your cottage.**

**19:30 Dinner & campfire session** with conversations & poetry

## **Day 2 Friday April 17<sup>th</sup>**

### **Reimagine**

***"The rational mind is an honourable servant, the intuitive mind is a sacred gift. We have created a society that worships the servant but has forgotten the gift."***

***Albert Einstein***

**08:00** *Optional Lake Swim or Guided Mindfulness in nature practice*

**09:00** **Day Two Session**

**Teas & coffees available throughout the day 13:00 Lunch**

**16:30 Finish**

### **Seeing with new eyes & coaching in the field**

- What is taking root?
- The shift: from control to co-creation
- Eco-systemic coaching
- Theory U - Systems thinking (open mind) systemic awareness (open heart), & eco-systemic awareness (open will) in the wild.
- Learning with nature
- Cultivating conditions where mindset shifts can happen

***"Space is a way of living. Space is not something we have. Space is something we practice. Space is a very important aspect to embrace complexity."***

***Thomas Hubl***

*“Fuchsia Lane Farm a stunning location.....offered more than a retreat; it was a reawakening. I wholeheartedly recommend this experience to coaches & leaders seeking realignment, renewal, and reconnection.” Barry McCormack Msc, Athrú*

## ***Regenerate***

### **What’s below the surface? Making visible the invisible**

- Listening to the land
- Letting Go of stories that no longer serve us well

***“There is no difference between healing ourselves and healing the Earth.”  
Zen Buddhist Master Thich Nhat Hanh***

### **Tending the soil & tending ourselves**

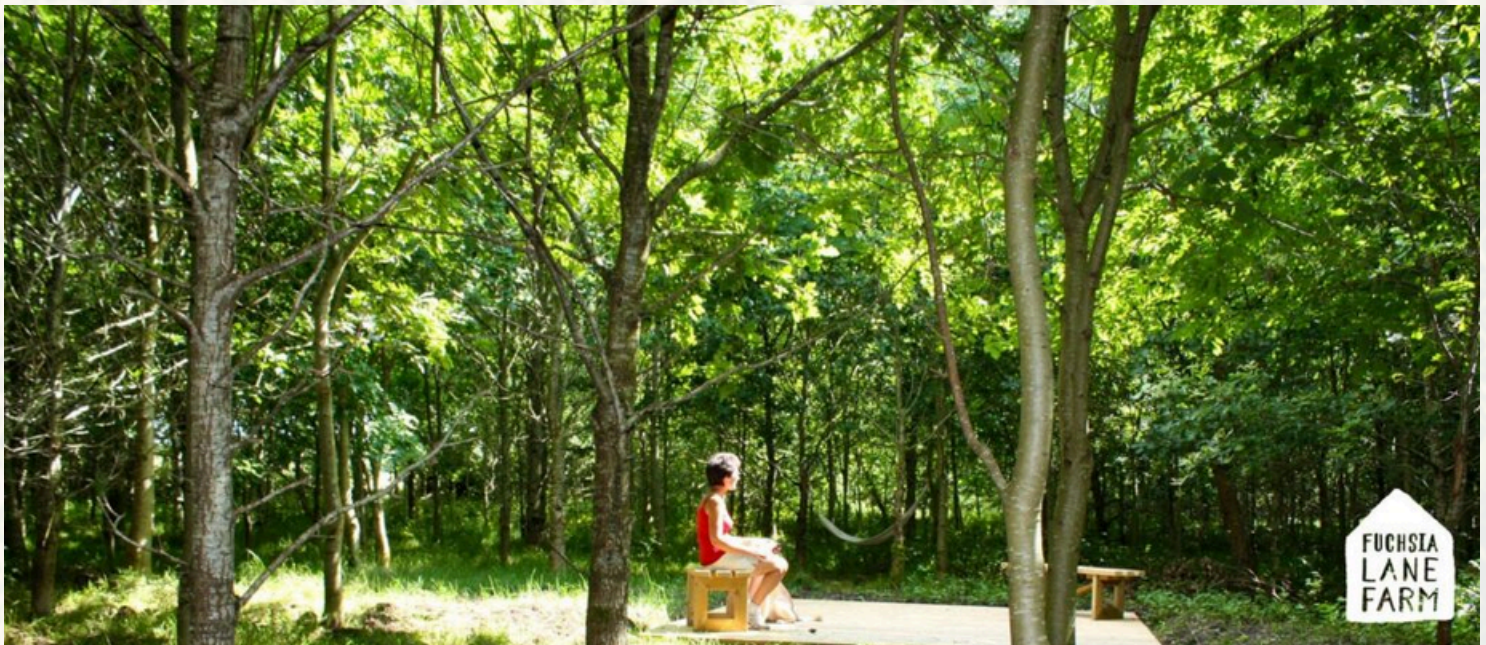
- Cultivating gratitude & regenerative mindsets
- As we’re leaving this space what’s emerging and growing within us?
- Acting from our core - rooted we rise

***16:00 Closing Ritual - planting for our futures***

***16:30 Finish***



**Fuchsia Lane Farm’s mission** is to create a sustainable, destination space on a family farm, sharing a landscape that protects, maintains and encourages biodiversity, strives towards being carbon neutral and adopting regenerative practices. Fuchsia Lane Farm is a ‘container’ for conversations, growth, connections and encouragement, responding to the need for individual and collective action in order to care for the earth.



*“The 2 day face to face journey offered time out to reflect, reset and re-energise. ....it deepened my understanding of how nature can be a thoughtful partner in coaching.” Sarah Murphy, HR*

## Course Facilitators:

### Grattan Donnelly

Grattan has been doing Walk & Talks Coaching for over 15 years now. His appreciation of the impact of coaching with nature has significantly changed and deepened. Now, it the biggest differentiator to his coaching, whether coaching side-by-side in-person or virtually.

- Grattan is a Regenerative Leadership coach, facilitator and trainer, passionately interested in how we can create a better world for all life.
- With a background in leadership and management development, he has been coaching since 2006 and bringing mindfulness into coaching since 2014.
- He integrates neuroscience, mindfulness, embodied and nature practices into coaching, facilitating the people he works with to do deep transformational work and be at their best to contribute to a more peaceful world and healthier planet.
- He is associate faculty with the Irish Management Institute on the Diploma in Executive Coaching. He lectured the Diploma in Coaching for Performance in Dublin Business School for over 10 years.
- He is a keen sailor and dog walker.
- He is an Honorary Life Fellow and a Founding Council Member and former Chair of the Association for Coaching, Ireland. He is a member of the Climate Coaching Alliance.

### Niall Heenan

Niall is a trainer, facilitator and coach and works with individuals and organisations in the areas of personal and career development, management development and resilience.

Together with his wife Inez, they have developed Fuchsia Lane Farm which comprises self catering cottages, a group space for workshops and team gatherings, woodland walks, spaces for nature and opportunities for individuals and teams to take time to reconnect and reenergise.

Their work in Regenerative Tourism focuses on how people can connect with, and benefit from nature and the outdoors. In recent years they have hosted events for coaches, leadership teams and individual coaching clients who wish to deepen their impact. As current custodians of a place that has been in the family for generations, Niall and Inez place nature at the heart of the experience and witness the knowledge and learnings that can be found when we ‘listen to the land.’



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