



Nature Coaching

October 17 – 19, 2018, Van Etten, New York

Nature Coaching: Partnering with nature to support and challenge those you coach

What coaching choices do you have when you hear your coachees, peers, friends ~ or even yourself, say:

- How do I broaden my horizons?
- What legacy do I leave?
- Is this the time to make a big change in my life? If I close something...what will open?
- What might it be like if I tried the road less travelled?
- Do I start/change my business or my role or my place in life?
- I wonder what's over the next hill?
- I would like to be better at traversing uncharted territory ~ or even being lost.
- I need to be in the flow of my life
- I would love to have a peak experience and/or take my team or family there.

Rather than wondering – or even engaging in “talk coaching”, nature offers the opportunity to experience those questions and musings. Nature allows us to walk our talk, to choose a different path, to experience getting lost and finding our path again. In nature, we can still ourselves and listen to our bodies, hearts and souls. As coaches and those using coaching as a way to support others, we can use nature as our profound and productive partner.

Join us for an all-inclusive coaching retreat and ICF CCE workshop to learn how to coach with nature as your partner to create a marketable distinction in your coaching business. October 17, 2018 (4 pm) through October 19, 2018 (2 pm), at the stunning Light On the Hill Retreat Center outside Ithaca, New York.

Coaching with a nature partner supports deep connection, profound meaning making, and a unique client experience. When you coach in nature, your coachee has space to venture forth from and to be welcomed back into. Their time in nature takes on a special meaning with your coaching of clear intention and enacted startings and endings. As coach, you allow awareness and guide supportive personal discovery that is essential for the process to be safe and impactful.

Research shows that being in nature enhances the positive emotions of joy, awe, optimism and courage. The energetic waves found in nature are those found in the human brain when in deep meditation. We slow down, deepen our insights, open to taking in what's around us. We also connect to a broader purpose and to what is really emerging in us as a yearning or next step on our road



Being in nature enables us to externalize our internal landscapes. Nature allows us to sharpen our senses and to have a more expansive, deeper and slower experience. Nature doesn't judge us or make meaning for us or nudge us in any way. Nature simply is. In relationship to nature, we can test ourselves, listen to ourselves and listen to what nature can tell us about ourselves ~ our life phases, paths forward, and next steps.

Coaching skills you will learn and use when partnering with nature:

- An adult development framework to orient those we coach as to their life phases and transitions they might find themselves in and steps to move forward
- Listening to self and other
- Shaping intentions
- Generating ideas about self-ceremonies and practices while in nature
- Keeping others safe as they spend alone time in nature
- Processing the stories upon return through listening, mirroring and creating a safe, welcoming space
- Creating action steps and practices for integration and accountability
- Using creative practices such as poetry, guided imagery, stretching, drawing, mask-making to support the coachee
- Hone your skills for ICF Core Competencies of Coaching Presence, Establishing Trust and Intimacy, Active Listening, Powerful Questioning, Creating Awareness, Planning and Goal Setting, and Accountability.

The process: This 12 hour ICF CCE (pending) coaching program is highly experiential. You will experience the various practices yourself as a coachee and then apply these practices as you coach one another. Your guides will model each practice before you embark on it yourself.

The land: We will host you in the beautiful upstate New York hills with open grassy land, strong trees, and rippling water. We will have to ourselves the stunning Light on the Hill Retreat Center in Van Etten, NY, outside Ithaca NY. (Fly into Ithaca (30 min), Binghamton (1 hour), Syracuse (1.5 hrs).)



The season: October is a season of color and light, of harvesting what we've planted, of getting ready for the more reflective time of winter. It is a perfect time to nurture, fertilize and plant anew.

Cost: This all-inclusive residential coaching retreat includes lodging in a private room, all gourmet, local, healthy, mostly vegetarian meals, all working sessions, materials and 12 ICF CCEs. \$1,795, all-inclusive. Save \$100 when you register before June 30, 2018. For more information and to register, email christiane@gfconsulting.org or mkmccabe@ClearIntentStrategy.com

When: October 17, 2018 plan to arrive by 3 pm – October 19, 2018 plan to leave by 2 pm.

What: Dress and equipment for all weather, slippers or heavy socks as no shoes inside, journal and pen, something to sit on outside, blanket to wrap in, water bottle. A more detailed check list will be sent after you register. With very limited cell reception on site, we will turn off all external stimuli that we can control, such as phones, during our program time together.

Your guides:



Christiane Frischmuth, MA, PCC, GCC

Christiane is a team and leadership coach, facilitator and trainer with a passion for learning, personal growth and capacity building. She works all over the globe and is bringing many creative and nature-based aspects to her clients. GFConsulting.org



Melissa Kelly-McCabe, MS, MCC, GPCC

Melissa is a strategist, executive coach, and certified mentor coach. Using creative processes and nature as inspiration, Melissa coaches leaders as they accelerate their business goals and imprint their own unique style in their work. ClearIntentStrategy.com

You: Everyone is welcome regardless of physical ability, fitness, agility, experience in nature. This program will meet you where you are from novice to highly fit/experienced in nature.

Cancellation policy: Due to payments for the event venue and catering, we must have a cancellation policy. Prior to June 30, or if the event cancels due to small group size: 100% refund. Regrettably, after June 30, we cannot offer a refund.