



Your True Nature Coaching: Using age-old sacred practices, enhanced awareness of self and other, as well as natural spaces to support and challenge those you coach.

Are you a coach? Are you a leader who is using coaching skills? Are you wanting to access the profound wisdom of nature in your work?

Nature offers the opportunity to experience questions and musings and discoveries in a completely new surrounding.

~ Nature allows us to walk our talk, choose a different path, experience getting lost and finding our way again. In nature, we can still ourselves and listen to our bodies, hearts and souls.

~ With nature as our insightful partner, coaches and those using coaching as a way to support others, can use age-old processes to support setting intention; create deep, personal journeys of self-discovery; and facilitate meaningful re-entry and integration through coaching.

~ Particularly during major transitions, these rites of passage ~ some call 'soul searching' ~ can propel the coachee to new awareness, new discovery, and a natural sense of well-being.

If this is your first time attending a nature coaching program, you will learn an adult development framework to orient those we coach to their life phases and transitions, with clearer steps to move forward, naturally.

If you have some experience with coaching in nature, not only will you deepen your skills and application, you will also have an opportunity to hone your mentoring skills using nature as your partner.

You will benefit personally as you immerse yourself in wild nature and are coached by your peers as well as enhance your coaching skills by coaching your peers with mentoring and guidance from Melissa and Christiane. Bring your own life questions, ponderings and reflections.

Join us for an all-inclusive Coaching Workshop with 16 ICF CCEs. In this 16 ICF CCE program (10 CC and 6 RD hours), learn to create and use sacred coaching/leading spaces and times with ancient processes for modern times to imbed in your leading/coaching style. **You may substitute one CCE for a mentor coaching hour.**

Be in wild nature to re-member your own true nature and life story. Though our program runs September 21 (at 4 pm) through September 23, 2020 (2 pm), your lodging fee includes the extra night of September 20 so that you can arrive, slow down, settle in and focus on your own well-being in nature prior to our start. We will be GLAMPING at the stunning Bison Peak Lodge in Lake George, CO!

Treat yourself while advancing your coaching and leading skills and competence.

Let's Get Wild! Your True Nature Coaching September 21 – 23, 2020 Colorado

Skills you will learn during our time together:

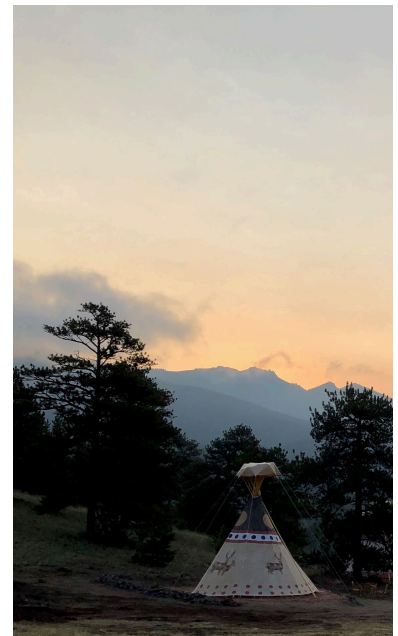
- Understand how to support your coachees in sharpening their awareness of self and other
- Build confidence in working in natural surroundings, including keeping you and other safe in nature
- A process for coaching with nature as a partner, including
 - Shaping and clarifying intentions as you listen to self and other
 - Creating a sacred pause and space to let the extraordinary emerge
 - Generating ideas about self-ceremonies and practices that include nature
 - Keeping others safe as they spend alone time in nature – their own purpose retreat
 - Stepping into purpose, and then processing discoveries upon return from their experience through listening, mirroring and integrating nature
 - Creating action steps and practices for integration and accountability
- Apply nature-based practices in your own coaching/leading to create sacred spaces and times that translate to regular rituals and practices in back every-day life
- Benefit from mentor coaching for you, and you supporting another in their coaching journey
- Hone your ICF Core Competencies of Coaching Presence, Establishing Trust and Intimacy, Active Listening, Powerful Questioning, Creating Awareness, Planning and Goal Setting, and Accountability

Glamping in Colorful Colorado:

Located in stunning Colorado wilderness and surrounded by untouched National Forest land, Bison Peak Lodge at Puma Hills (BPL) offers guests a truly memorable glamping experience! We will be staying in beautifully designed and hand-painted tipis – with nice bathrooms within a few steps!

The tipis are appointed with high-end, one-of-a-kind furnishings such as antique stamped-leather arm chairs, authentic native American rugs and blankets and even the original storage chest from the movie set of “Crocodile Dundee”. You are sure to enjoy a luxurious yet rustic experience with premium bedding, Brazilian cowhide rugs and soft, Australian sheepskin furs. Shower under the stars in the outdoor cedar showers or adventure into a truly one-of-a-kind toilet facility. We promise you WILL take pictures! Your accommodation fee also goes towards supporting veterans’ programs held at BPL. BisonPeakGlamping.com

Bison Peak Lodge, 20859 County Rd 77, Lake George, CO 80827



The season: September 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.

Process for True Nature Coaching: This 16-hour ICF CCE coaching program is **highly experiential**. You will experience the various practices yourself and then apply these practices as you coach one another. Your guides will model each practice before you try yourself. One mentor coaching hour may be substituted for one CCE hour.

Context for True Nature Coaching: What resources do you draw on as a leader/coach, when you hear your colleagues, coachees, peers, friends ~ or even yourself, ask:

- How do I create dedicated space/time for me?
- How do I broaden my horizons?
- Is it the time to make a big change in my life?
- If I close something... what will open?
- What legacy do I leave?
- What is my true nature?
- What is only mine to do?
- I wonder what's over the next hill...
- How do I integrate my insights from alone time?
- Do I start/change my business or my role or my place in life?
- How do I self-support my growth and development?



Coaching in a natural space 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 greater clarity. Their time in nature takes on a special meaning with your coaching of clear intention and enacted beginnings 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.

Will you join us for this incredible time in nature and supporting your coaching skills?

When: September 21, 2020 (4pm), [check-in starts at 2:30] through September 23, 2020 (2pm). As an additional feature, we offer a free night on September 20th. This will allow you to arrive in the afternoon of September 20th, get to know the property, slow down, enjoy nature and focus on your intentions before the program begins at 4pm on the 21st.

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

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

Cost: This all-inclusive residential coaching/leadership workshop retreat runs includes lodging in a beautiful, well-appointed private tipi (or shared if you bring a friend and want to save some money!) for three nights (September 20 plus program nights of September 21 and 22,) all yummy, healthy meals starting with dinner on September 21, all working sessions, materials and ICF CCEs. All you have to do is get here! (Note that the cost of meals on September 20 and breakfast and lunch on September 21 are on your own.)

All-inclusive retreat is \$1,425 plus the tipi/covered wagon accommodation of your choice ranging from \$850-\$995, inclusive of all lodging, meals (as described), taxes and fees.

Want to save some money? Prior to April 16, 2020 receive a \$100 early-registration discount. To save even more, for each friend you bring and who attends you receive an additional \$100 discount as a thank you for spreading the word. Even more? Share a 2-bed tipi with a friend and *both* of you receive a lodging discount!

To learn more (no obligation) and to register, contact Christiane (christiane@gfconsulting.org). Registration requires a \$500 deposit. Upon registration, you will be directed to book your accommodation choice with Lfernandez@BisonPeakGlamping.com, putting "Nature Coaching 2020" in the subject line.

For more information contact either Christiane or Melissa (mkmccabe@ClearIntentStrategy.com.)

Planning travel: The closest airports are Colorado Springs, CO (75 miles) and Denver (120 miles). Enjoy a beautiful drive as you rent a car (or share rental with others), take a shuttle...or even UBER! We can help you plan how to get to the stunning venue...it is well worth it!

What to bring: Dress casually and in layers as we will be inside and outside, in various weather conditions. Bring sturdy shoes and a jacket/hat for cool evenings (zip code 80827). Bring a journal, pen and water bottle. We will accommodate many food needs. The venue neither sells nor serves alcohol, however, you may bring alcohol onsite for your own or for shared consumption.



Cancellation policy: Due to payments for the event venue and catering, we must have a cancellation policy. Prior to August 15, 50% refund is offered. After August 15, we are unable to offer a refund.

How better to get your ICF CCEs than to do so in nature, with other people who coach?

Join us for this amazing program in stunning surroundings, with everything you'd want in a coaching retreat!

Let's Get Wild together!