



Your True Nature Coaching

August 14-16, 2020
Lago di Garda, Italy

Do you want to treat yourself while advancing your coaching skills and competencies?

In this 3-day program you can earn **10 ICF CCEs and 6 Resource Credits** while learning sacred exercises in nature to enhance your coaching practice.

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.

Join us in one of Italy’s treasured getaways, at the juncture of the Mediterranean climate, the Alps and the largest lake in Italy: the northern shores of Lake Garda, while you spend a few days with us, in nature, adding techniques to your toolbox to grow beyond “talk coaching”.

Why in nature?

Nature offers the opportunity to experience questions and musings and discoveries in completely new surroundings, thus allowing 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. In nature we re-member our own true nature and life story.

Research shows that being in nature enhances the positive emotions of joy, awe, optimism and courage. Nature also allows us to sharpen our senses and to have a more expansive, deeper and slower experience.

With nature as our profound 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 can propel those being coached to new awareness, new discovery, and a natural sense of well-being.

Coaching in a natural space supports deep connection, profound meaning making, and a unique client experience. 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.

Weather permitting, we will spend most of our time exploring the area around this beautiful, glacial blue lake.

Join us for a program with ICF CCEs. August 14-16, 2020. In order to receive the credits, you must attend all sessions.



Process for True Nature Coaching: This 10-hour ICF Core Competency CCE (plus 6 resource credits) coaching program is **highly experiential**. You will experience the various practices yourself and then apply these practices as you coach one another. Your guide will model each practice before you try yourself. This is a small group experience with individual trainer attention.

Coaching skills you will learn during our time together:

- An adult development framework to orient those we coach to their life phases and transitions
- Understand how to support those you coach 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 story telling
 - Creating action steps and practices for integration and accountability
- Apply nature-based practices in your own coaching to create sacred spaces and times that translate to regular rituals and practices in back every-day life
- Hone your ICF Core Competencies of Coaching Presence, Establishing Trust and Intimacy, Active Listening, Powerful Questioning, Creating Awareness, Planning and Goal Setting, and Accountability



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

- How do I broaden my horizons?
- What legacy do I leave?
- What might it be like if I tried the road less travelled?
- What is my true nature?
- Do I start/change my business or my role or my place in life?
- What's over that next hill?
- Who are my people/true community?
- How do I self-support my growth and development?
- How do I form community circles?
- How do I integrate my insights from alone time?
- How can I embrace being lost and experiencing uncharted territory?
- 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
- I want to learn how to create dedicated space
- I want to learn how to let go of attachments
- I want to sharpen my senses and tune into my sensations
- I want to know how to regularly create meaningful alone time
- Is this the time to make a big change in my life? If I close something... what will open?

When: August 14-16, 2020. August is a season of energy and light. It is the perfect time to reenergize, nurture and grow. Plus, being in nature will bring out the artist, creator, and innovator in you.

Where: Tenno Lake: near Riva del Garda, Trentino / Alto Adige, Italy. The northern end of Lago di Garda offers some of the most dramatic landscapes in all of Italy: the largest lake in Italy against the backdrop of the Alps, and this is all combined with the northern most Mediterranean climate in all of Europe, paving the way for endless vineyards, olive groves and citrus fruit. The area is an oasis for outdoor enthusiasts as the endless sporting opportunities include sailing, rock climbing, mountain biking, trekking, windsurfing and paragliding.

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. As the program includes solo time in nature, we will ask you to sign a waiver and be mindful of how to challenge yourself safely. You are invited to sit, walk, meander and rest anywhere that you are drawn to safely.



Hotel: We will be staying in a hotel's apartments on and near the shores of Lake Tenno with kitchens, modern bathrooms and fantastic views! All food will be locally sourced and prepared.

There are four offerings:

Package 1: €900 early bird special if paid by April 15, 2020/ €1100 after April 15, 2020

This package includes: instruction and one group dinner. Transportation and housing not included.

Package 2: €1400 early bird special if paid by April 15, 2020/ €1600 after April 15, 2020

Instruction, two group dinners, Tenno Lake double occupancy accommodations, daily breakfast, lunch and coffee breaks. Transportation not included.

Package 3: €1500 early bird special if paid by April 15, 2020/ €1700 after April 15, 2020

Instruction, two group dinners, Tenno Lake single occupancy accommodations, and daily breakfast, lunch and coffee breaks. Transportation not included

Package 4: €2000 early bird special if paid by April 15, 2020/ €2200 after April 15, 2020

Extend your holiday and enjoy the surroundings for a few more days. (August 16-21, 2020) Price includes instruction, breakfast, lunch and coffee breaks during the course and an additional three days of local adventuring including:

- Biodynamic winery tour and tasting
- Barista lesson and coffee samplings
- Sailing on Lago di Garda,
- Local hike with picnic lunch
- Dinner at an elegant local restaurant that is housed in a cave. Transportation and extra lodging not included. We are happy to help arrange these details with you.



All Packages include all working sessions, materials, ICF CCEs, 1 group dinner and a certificate of completion

Add-on option for any of the above packages:

- 2 sessions of follow-up coaching with Russ, €300
- 2 sessions of follow-up coaching with Christiane, €300

Your guides:



Christiane Frischmuth, MA, PCC, GCC

Christiane is a team and leadership coach, facilitator, wilderness guide and trainer with a passion for learning, personal growth and supporting life and work transitions. She works all over the globe, integrating creative and nature-based aspects. GFConsulting.org



Russ Watts, ML, ACC

Russ is an executive coach, professor of entrepreneurship and coaching both in Italy and the US, an integral facilitator, and consultant who focuses on the relationships between self, the other and nature. WattsGp.com

Payments: Please pay either by check to Global Frischmuth Consulting LLC, or via bank transfer (info given by request). A minimum deposit of € 500 (converted to USD daily rate) will hold your space.

Contact: Christiane at christiane@gfconsulting.org or 202-285-3476 and Russ at russwatts68@gmail.com or +1.202.390.9049 or +39.334.378.7687 for any questions and registration.

What to bring: Dress casually and in layers as we will be inside and outside, in various weather conditions. Also bring clothes for a nice dinner out. Bring sturdy shoes and a jacket/hat for cool evenings. Bring a journal, pen and water bottle. More detailed instructions as well as pre-work will be sent to attendees.

Cancelation policy: Prior to May 1, 2020 a 50% refund is offered. After June 1, 2020, 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 program! We can't wait to see you in your true nature this summer.

