

Step
Outside



"Walking is man's best medicine"

Hippocrates

"Spending time outdoors makes you feel great"

Elizabeth Hurley

SYSTEM

Cultural

Societal

Environmental

Sustainability

Re-alignment & reconnection

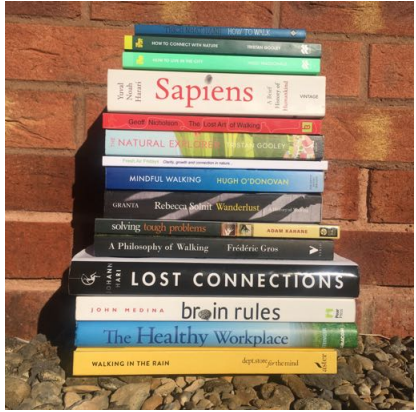
Global impact

INTELLECTUAL

PHYSICAL

EMOTIONAL

SPIRITUAL



8TH
INTERNATIONAL
ADVENTURE
THERAPY
CONFERENCE
SYDNEY, AUSTRALIA
2018

Mindfulness
Neuroscience
Cognitive
Physiological
Psychotherapy
Adventure Therapy
Psycho-geography
Eco-psychology
Genetic Influence
Human Evolution
Peripatetic Method
Pedometers
Creative coaching
Metaphors
Somatics/Embodiment
Clean language
Eco-therapy
Wellbeing
Mental Health
Business Culture
Societal Norms



SYSTEM

Cultural
Societal
Environmental
Sustainability
Re-alignment & reconnection
Global impact



Metaphors
Creativity
Movement
Breathwork
Mindfulness
Clean Language
Impact

INTELLECTUAL

PHYSICAL

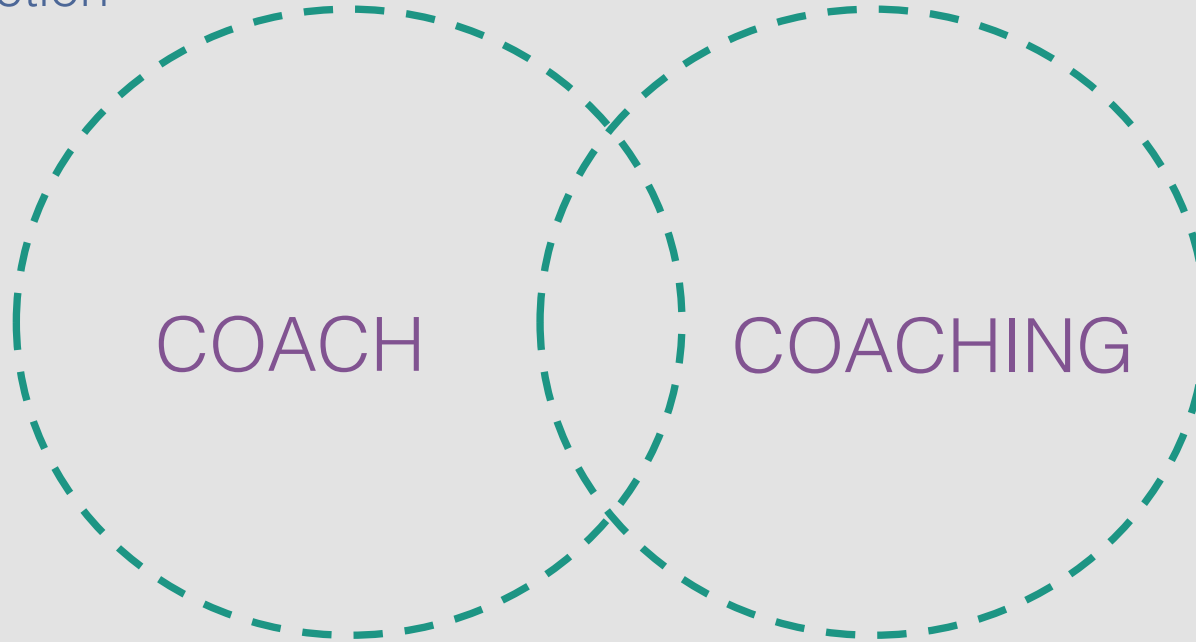
EMOTIONAL

SPIRITUAL

SYSTEM

Cultural
Societal
Environmental
Sustainability
Re-alignment & reconnection
Global impact

Identity
Backstory
Knowing, Doing & Being
Training/Development



Metaphors
Creative tools
Movement
Breathwork
Mindfulness
Impact
Logistics/H&S/Legality

INTELLECTUAL

PHYSICAL

EMOTIONAL

SPIRITUAL

Walking & Talking Coaching Conversations

Walking and talking coaching is a unique subset with the coaching profession I've observed to be gaining momentum from conversations with fellow coaches in person and through various social media platforms. I'm keen to collate collective knowledge and experience from within our coaching community; then share these findings to support coaches who are interested in adopting walking and talking coaching within their practice and develop best practice moving forwards.

Many thanks for your support.

OK

What inspired you to start walking and talking sessions within your practice?

What proportion of your coaching is delivered through walking and talking sessions?

What are the top 3 coaching skills you believe are essential to support walking and talking coaching sessions?

What is your most memorable walking and talking coaching moment you've experienced?

What benefits have you specifically observed in your clients from walking and talking coaching sessions compared to other coaching conversations?

What benefits have your clients reported specifically in relation to walking and talking coaching sessions?

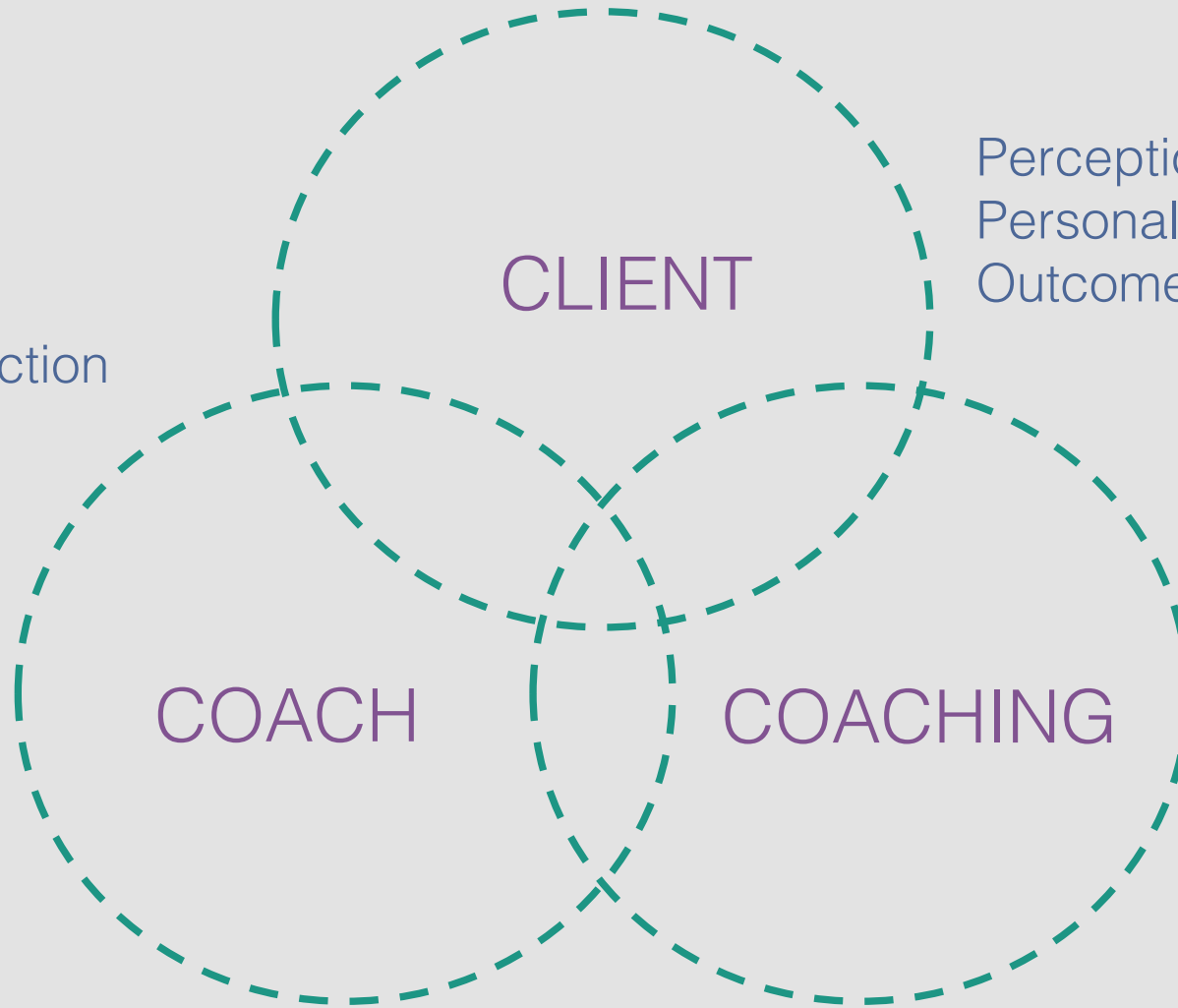
What challenges have you overcome before, during and after a walking and talking coaching session?

What top tips would you share with a coach keen to experiment with walking and talking coaching?

SYSTEM

Cultural
Societal
Environmental
Sustainability
Re-alignment & reconnection
Global impact

Identity
Backstory
Knowing, Doing & Being
Training



Perceptions
Personal experience
Outcome (ROI)


Metaphors
Creative tools
Movement
Breathwork
Mindfulness
Impact

INTELLECTUAL

PHYSICAL

EMOTIONAL

SPIRITUAL



I was coaching a client couple who were working through their son's death and the best way to honour their son's life by living their life to the fullest. They suddenly stopped and mentioned how beautiful the sky was, and that they always feel connected to their daughter (who lives in Australia) when they look at the sky, because they know 'they are all under one roof really.' Although I've spent a lot of time outdoors, I hadn't truly appreciate the beauty of the sky until that point.