



KEY LEADERSHIP WORKSHOP SERIES

9/2 Three Seconds & Counting: How to Write in Plain Language and Keep the Audience Reading

10/7 Rooting Forest Therapy to Enhance Executive Leadership and Agency Outcomes

11/4 TBC

12/2 GROWing Those You Lead



HOW TO PARTICIPATE IN A REMOTE GUIDED FOREST THERAPY SESSION

Staying connected to the natural world is essential to our well-being and resiliency. Being outdoors, breathing fresh air, feeling the breeze against your skin, sensing the sunlight on your face, listening to birdsong and noticing life, abundance and interconnectivity around us, are critical for sustaining our physical, mental, emotional and spiritual balance.

To participate in this 1.15 hour remote Forest Therapy session you will need to find a safe, comfortable place in the outdoors, such as a patch of grass, nearby tree, front or back yard, hammock, porch, vacant lot, or any nearby nature or green space where you can feel comfortable and safe. If you are unable to leave your home, you can participate by looking at nature through your window or sitting next to an indoor plant or gathering items that represent nature to you, such as a rock, seashells, a favorite image of nature, herbs, wooden objects, etc.

This 1.15 hour guided experience will consist of a series of guided invitations to enhance your sensory connection to the natural world. You will not be required to have access to a screen, but you may participate with your video if you wish. Simply being able to listen to the guided invitations will be all you need to participate.

To participate in the Guided Forest Therapy Experience, attendees can have an element of nature present in anyway they wish, including going outside, putting a houseplant nearby, play a nature video or sitting near a nature photo or painting!

JOIN US! ROOTING FOREST THERAPY TO ENHANCE EXECUTIVE LEADERSHIP AND AGENCY OUTCOMES

10/7 FROM 1:00-3:30PM

What you will need:

- Phone and earbuds or headphones, if possible, for hands-free participation
- Downloaded Zoom App, or laptop, if you wish to use your screen (having access to a screen is not necessary)
- Comfortable clothing and shoes for your weather zone - staying comfortable will support a positive experience
- Water bottle
- Insect repellent
- Sunscreen
- Something to sit upon
- Tea cup and thermos containing your favorite tea