

Coaching in and with Nature newsletter

Dear all

As we are in the waning days of summer in Europe and coming out of the depths of winter in the Southern Hemisphere, we are reflecting on extremes of temperature and climate change impacts on our natural world and recognising that we are heading into another change in season. In the CCA too we have moved into a new Seasonal Heartbeat, where we will be recognising the importance of Compassion and Care in our work as coaches.

In nature coaching, compassion for and in nature is critical as a junction between just receiving and experiencing nature and giving through pro-environmental behaviour, and so compassion will be our focus in the next few months.

Firstly though, many thanks to Pod member, Laura Festa who gave unique insights into nature coaching from a Chinese perspective from her base in Beijing in our July Pod Gathering. We love to have different approaches and experiences shared in our community! Please let us know if you would like to contribute in future gatherings, either sharing a small case study or practice of how you work in nature, co-hosting a gathering or holding a more detailed session on your approach.

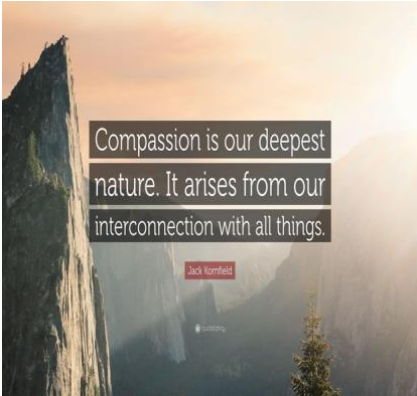
Gatherings and Perspectives

To create a light frame, we have set the dates for the rest of the year and into early 2025. We are continuing with a monthly rhythm of alternating a Pod Gathering with a Pod Perspectives linking to the themes aligned with the CCA's Seasonal Heartbeats.

Pod Gathering - where we have an informal group discussion or listening circle around a theme with reflective sharing.

Pod Perspectives - where members of our community bring different methodologies and approaches of working with nature.

(Proposed themes/hosts may be subject to change so keep your eyes on the coming events page of the CCA for the latest info.)



Compassion is our deepest
nature. It arises from our
interconnection with all things.

Jack Kornfield

****In all of these, we encourage you to step forward and host/facilitate a Gathering or offer to present/share your way of working in nature for one of the Perspectives.***

Here's our exciting list of events planned so far:

- ★ 17 Oct **Perspectives** – Compassion in Nature - with James Farrell
- ★ 21 Nov **Perspectives** - Permaculture: Permacoaching - a panel discussion (Andra Morosi, Katie & Anna Brown and **any more volunteers?**)
- ★ 19 Dec **Gathering** - Solstice Celebration (**volunteers please**)
- ★ Jan 2025 **Perspectives** – Regenerative Practice & Emergence in partnership with the JGSG, APECS & CCA - (hosted by Will James & Anna Brown)
- ★ Feb 2025 **Gathering** – How Can Nature Help You Find Your Why? - panel discussion with Linda Aspey & others tbc
- ★ March 2025 – **Perspectives - Lizzi Larbalestier** Blue health coaching - working with the wisdom of water

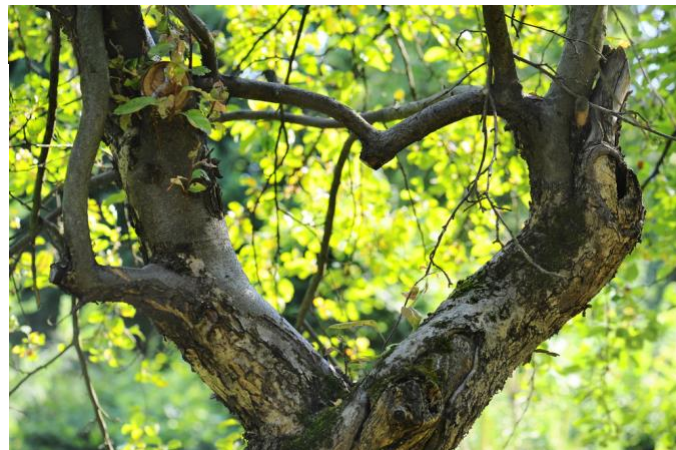
(all 18:00-19:30 UTC)

Compassion in Nature – How nature-connected coaching leads us to protect what we love

October 17th 6pm- 7pm (UK)

Join us as we celebrate the 'compassion retreat' heartbeat season in our next Perspectives event.

***Our task must be to free ourselves by widening our circle of compassion to embrace all living creatures and the whole of nature and its beauty-
Albert Einstein***



The global 'Charter for Compassion' includes the commitment to 'work tirelessly to alleviate the suffering of our fellow creatures, to dethrone ourselves from the centre of our world and put another there...' What might this mean for us as coaches?

In this session with James Farrell, a chartered environmentalist and professional coach, we will explore why compassion is so important to

coaching, and ask ourselves what is the role of compassion in nature connected coaching? And, how could we develop our ‘natural compassion’?

To join us, register here

https://us02web.zoom.us/meeting/register/tZcpcuuopjwiGNWjJMNuMEKQN_1v9sBe6Sw6

Other nature-related CCA events?

11th September - Virtual earth listening circle

16th September - We are the great turning podcast club

24th September - podcast club, exploring deep ecology methods in coaching

For these and other CCA events go to the coming events page on the website

[Coming Events – Climate Coaching Alliance](#)

How can you contribute?

The CCA is an organisation modelled on living systems principles and we actively encourage engagement and contributions (at whatever level) in our activities. Please let us know if you would like to host an event, become involved in planning, share in the newsletter, or let us know what you are doing in the field of nature coaching.

And don't forget our new Community Page on the CCA Website. We set it up as a way of pooling information and resources. You can find it here: [Nature Pod Community](#) page is up and running! Take a look and let us know what you think. We have the potential to share videos, documents, resources and links. Do get in touch to share how you might like to make a contribution to this.

And to remind you, there are still opportunities to set up or join other nature related CCA Events such as a [Podcast Club](#) or [Book Circle](#) for the Nature Pod Community. All the resources are at your fingertips on the website for this and we will happily point you in the right direction (and join in too!).



Lawyers for Nature (LFN) is a collective of lawyers, researchers and campaigners that have come together to work on behalf of nature. Lawyers for Nature empower people to use the law themselves to protect nature. We seek to redress the power dynamic, so that the communities that need access to the law have the tools and education

required, when they most need it. for further information and see the current projects that give nature a voice go to <https://www.lawyersfornature.com/> As coaches inspired by working with nature, we find ourselves drawn to topical news stories, and this recent article [Positive Environmental Stories From 2024 So Far](#), caught our attention. Do let us have stories and events you think others might appreciate so we can share them!

See you at a Gathering or Perspectives very soon!