

Coaching In and With Nature Newsletter

One year on!

It's one year on from the launch of the Nature Pod and we are reflecting on the growing community. We now have 100 people from 25 countries across the globe in North & South America, Australasia, Africa and Europe on our mailing list, which is wonderful to see from the perspective of reach and diversity!



Despite this, attendance at our Pod events (gatherings and perspectives) has been disappointingly low - we do hope that you will find the energy to join us soon and even volunteer to share at an event. And we would love to have more join the core organising team, alongside Hazel and Anna! Nature is always fully participative and collaborative, so we'd love to understand more about what you need from this group and how you might like to contribute. As a living systems organisation, modelling the patterns of nature, this CCA Pod has been created as a self-sustaining, member-led community and we had hoped this would take on more of a life of its own.

It's so great, therefore, to see some members coming forward (with a little tap on the shoulder) on upcoming events to share their experience of working with nature in partnership in their practice. Please do join us in person, as we will not be recording the session going forward to cultivate live dynamic presence, sharing and interaction as a way of building connections in the community.

Before we begin, let's first celebrate James Farrell who, aligned with the CCA Compassion Retreat Season, spoke about compassion in nature coaching with us on 16 October. This included drivers of natural compassion, the five pathways of nature connection and the essential action part of compassion. A real highlight was a beautiful bird song mediation that provoked many reflections and responses around the question of how to bring more nature into our work for those that attended.

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.

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.

Perspectives and Gatherings

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.

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

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

- 21 Nov **Perspectives** - Permaculture: 'The Roots of Better Work: Why My Supervisor is a Forest' with Chris Nichols
- 19 Dec **Gathering** - Solstice Celebration (volunteers please)
- 23 Jan 2025 **Perspectives** - 'Ecosomatic Coaching' with Diana Tedoldi
- Feb 2025 **Gathering** - How Can Nature Help You Find Your Why? - a conversation with Linda Aspey & others tbc
- March/April 2025 - **Perspectives** - **Lizzi Larbalestier** Blue health coaching - working with the wisdom of water

(all 18:00-19:30 UTC)

Our Next Event

Permaculture – The roots of better work: why my supervisor is a forest

With Chris Nichols - November 21st 6pm- 7pm (UK)

Permaculture is an art and science. It is a lifestyle choice full of creativity and nature connection that transfers our environment into abundance, harmonious landscapes...by design



Join us as we celebrate the ‘connection celebration’ heartbeat season in our next Perspectives event where we connect more deeply with the earth.

Chris will cover:

- Permaculture and permaculture design
- Agroforestry and its lessons for organisational work
- How these link to organisational theory and practice, and to some of his core organisational perspectives including complexity, action inquiry and collaborative process work.

Chris’ organisational work focuses on systems change, working particularly in the health service innovation, higher education and food systems.

To register for this event go to the CCA Coming Events page

If you sign up and can’t make it please let us know so that we can give your place to someone else.

Other new CCA nature and climate related events

- Watch out for a Series of Earth Listening Circles run by Sheri Peterson coming soon - a deep way of connecting to the earth
- 25 November – Bee leadership - leadership lessons from the hive and our interconnectedness

For these and other CCA events go to the coming events page on the website [Coming Events – Climate Coaching Alliance](#)

Books we Love



As the seasons change we are drawn more to curling up with a book, here is the northern hemisphere. Here’s some books we are reading- how about you?

“Wintering: the Power of Rest and Retreat in Difficult Times”

(Katherine May) - The author beautifully describes the book and its purpose: *“Wintering is a season in the cold. It is a fallow period in life when you're cut off from the world, feeling rejected, sidelined, blocked from progress, or cast into the role of an outsider.....That's what this book is about: learning to recognise the process, engage with it mindfully, and even to cherish it. We may never choose to winter, but we can choose how.”* This speaks to the very core of coaching - to notice seasonal patterns, shifts in our conditions and explore what learnings might be emerging for us.

“If Women Rose Rooted: A Life-Changing Journey to Authenticity and Belonging” (Sharon Blackie) - The acclaimed author of ‘The Enchanted life’ explores powerful, inspiring and beautiful stories by incredible women she interviewed on the quest to find their place in the world, delving into the three topics of nature, women and Celtic mythology. She says, *“our fate is inseparable from the fate of the land we live on... a sense of belonging to a place, to a certain area of land; it expresses a sense of rootedness, by ancient lineage and ancestry in the community”*. A beautiful and moving read for women who may have lost their way or found where they need to be, accepting that we each have a responsibility for the way we live our lives and a knowing of what is ours to do in reclaiming our role as guardians of the land.

“The Well Gardened Mind: Rediscovering Nature in the Modern World” (Sue Stuart-Smith) - The author, Sue, is psychiatrist and psychotherapist with a keen interest in the therapeutic benefits of gardening. As her first degree is English Literature, it’s beautifully written and it’s a joy to experience the way she weaves scientific knowledge, real examples of practice and literary references from history on how we humans flourish when we rediscover our connection with nature. An absolute gem of a book - one to read again and again!

Spotlight on Nature - The hedgehog



The hedgehog is now classified as ‘vulnerable to extinction’ on Great Britain’s red list for mammals due to the sharp rate of its decline. While hedgehogs were once common across Europe, and were until now listed as of “least concern” on the red list, they are being pushed towards extinction by urban development, intensive farming and roads, which have fragmented their habitat.

Climate change is also making our winters generally warmer and wetter, causing hedgehogs to wake up to try and forage more often during a season where food is at its lowest leading to starvation

Hedgehogs are insectivores and therefore excellent allies in maintaining the balance of the garden ecosystem and are important for conserving biodiversity. Hedgehogs also teach us about the importance of hibernation and self care and also protection of our vulnerable wellbeing in these challenging times.

See you at a Gathering or Perspectives very soon!