

Coaching In & With Nature Pod

New year, new opportunities, new hope!

It's the beginning of the year, perhaps new resolutions and in the context of nature coaching, it could mean regeneration and renewal.

There were a few 'new' things we hoped for last year and it's been amazing how this has been evolving. We asked in the last newsletter for more volunteers to join the core organising team, alongside Hazel and Anna and we are delighted Denise Pang has come on board to help with this fast growing Pod.

We also have had people expressing interest in contributing, and also some clarity about our areas of need as a Pod (for newsletter article writing, video editing, event hosting or sharing of resources, etc). Let us know if you would also like to be involved in organically nurturing the soil toward our 2025 goal of sustainable working and collaborating in nature coaching.

Building on our curiosity about what you need from this group and how you might like to contribute, we have created a short [questionnaire](#) (linked here) and we would love to have your responses.

And finally, we invited members to come forward to share their experience of working with nature in their practice and as a result we have some amazing upcoming collaborations and events. Thank you, we really appreciate all the mycelium threads being woven!

Recent event updates

Permaculture

We had such an amazing permaculture session with Chris Nichols in November, with the unique title "Permaculture: *The Roots of Better Work: Why My Supervisor is a Forest*". We have said that we wouldn't generally be recording our events to encourage live attendance and participation, however, we did have such a big response asking for the recording, so it is now on the website, both in the Nature Pod Community Page and the CCA Hive Page under the tag of 'nature'. Thank you, Chris - the session was a real highlight of the autumn season!

Hope is not the same thing as optimism, it is not the conviction that something will turn out well, but the certainty that something makes sense, regardless of how it turns out"

Vaclav Havel

As a result of this workshop there have been some exciting developments and a potential collaboration with Chris on the horizon to help illuminate real examples of how permaculture approaches can bring a seismic shift within the (eco)systems of organisations.

There was also a suggestion for a community of practice around the principles of permaculture - any volunteers to co-lead this initiative?

Earth Listening Circles

In December, Sheri Peterson held a beautiful session introducing the *Earth Listening Circles*, an offering by *Pachamamma Alliance* to support people globally to reconnect with the Earth, themselves and with each other. Here's a quote from a participant:

"It was encouraging to learn that you don't have to be physically in nature to practice listening to the earth. Sheri's welcoming presence and warmth made all the difference."

We are delighted to have Pod member, Muriel Bauer, hosting another *Earth Listening Circle* in 25 March, which can be booked on the Coming Events Page also. Stay tuned for more news about this emerging community of practice.

Ecosomatics

The field of study relating to the interconnectedness of ecology, environment and our inner selves

Ecosomatic coaching

We recently had a fascinating session with Diana Tedoldi on Ecosomatic Coaching. There was such huge interest in the topic and the response shows that people in the Pod and beyond are really energised to hear about our different approaches and methodologies in nature coaching! Due to the level of interest, we are pleased to let you know (if you missed out or would like to revisit the learning) that the recording for this will also be added to our Community Page and in The Hive soon. Diana would also like to invite you to connect with her on LinkedIn or via her email hello@naturecoaching.net.

Through these fabulous events we are aware of emerging communities of practice around the topics of Permaculture, *Earth Listening Circles*, Walking in Nature, and perhaps others. Do let us know what you feel drawn to gather around.

Perspectives and Gatherings

You may have noticed in earlier newsletters that events change and move about, so keep your eyes on the Coming Events page of the CCA.

We begin 2025 with a series of monthly events in response to themes you have mentioned, what might be appearing in our peripheral vision or inspired by a topic that the wider CCA community is engaging with.

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

- **27 Feb (16.00 CET)** “Welcome to the Impact Garden” by Laila Martins and Denise Pang. A hands-on workshop on how to apply this regenerative framework to real examples.
- **25 March (17.30 CET)** – “Move to Nature’s Rhythm! Earth Listening Circle with Conscious Movement” with Muriel Bauer
- **22 April (Earth Day)** – Our Pod is organising a global CCA Deep Time Walk around this time
- **30 April (18.00 BST)** - Lizzi Larbalestier on “Blue Health Coaching” - working with the wisdom of water

Upcoming Events

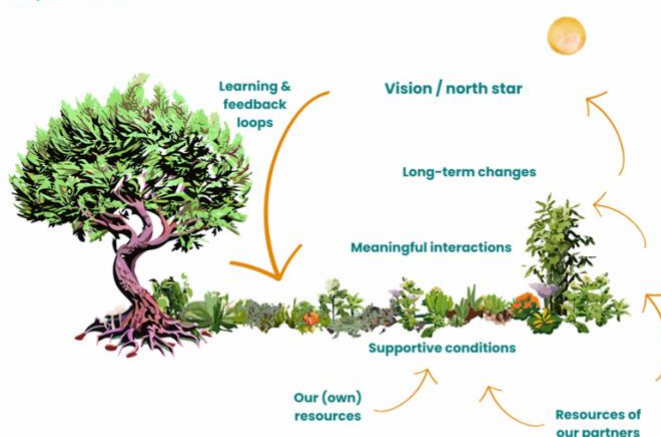
See our CCA Coming Event Page for more information and to book.

The inner development Goals (IDG) Framework was co-created to focus on inner development for transformative action. It comprises 23 capacities grouped into 5 dimensions

February: Welcome to the Impact Garden



Our Impact Garden



Join us as we introduce the *Impact Garden* by Unity Effect, a regenerative framework inspired by the living systems of nature. In this hands-on session, you'll gain practical tools and fresh perspectives to move beyond linear growth and cultivate thriving ecosystems - unlocking the potential for truly sustainable, life-affirming change. We will explore:

- The regenerative principles of the *Impact Garden* and their connection to coaching
- Real-world applications and key insights from our experience
- Practical ways to integrate the framework into your coaching practice, ideas or daily work

Facilitated by Laila Martins & Denise Pang

27 Feb 2025, 16.00 – 17.30 CET

March - Earth Listening Circle

Muriel Bauer will be leading an *Earth Listening Circle* event on 25 March as part of the CCA Community festival, entitled “*Move to Nature’s Rhythm*” - which intertwines the *Earth Listening Circle* process with conscious movement, in what promises to be a participative and enriching experience. Participants will explore conscious movement, engage in free dance, and honour the elements of Earth, Fire, Water, and Air in a supportive environment. No prior dance experience is needed - just an open heart and curiosity. The focus is on reconnecting with nature and nurturing a sense of responsibility to life.



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March and April - Walking in Nature

In March and April we are looking at walking in nature with a number of events where the community can connect in-person and indeed virtually with each other, while walking in nature. Crucially, on Earth Day on 22 April we are collaborating with the *Deep Time Walk* to hold as many walks in as many locations globally within the CCA community as possible. Already there are walks planned in Japan, UK and Singapore. We would love to hear from trained DTW facilitators in our community so that we can expand this list of locations for celebrating Earth Day.

If you would like to train to become a DTW facilitator in advance of this, so you can host a group, there are training dates on the Deep Time Walk website. If you would like to participate in a walk, keep an eye on the CCA Coming Events Page and we’ll share more in our next newsletter. If you simply want to walk in nature on that day with a group, please do create your own event on the Events Page and also let us know, so we can amplify your invitation.

To get you started on walking collectively in nature, you may like to join the “Global Resilience in Nature Walk” organised by the *Inner Green Deal* on 21 March to honour the *International Day of Forests*.

Keep your eye on the Coming Events Page on the CCA website for other nature related events.

Nature’s voice – New beginnings and hope

On 29 January we had the first new moon of the lunar calendar which officially ushered in the new year in many cultures. It is the first day of the Year of the Snake in SE Asian cultures, which symbolises good luck, shedding of the old, rebirth and regality. The snake of 2025 is a wood animal, which represents growth, flexibility and tolerance.

February 2nd is known as Candlemas Day to celebrate the Return of the Light, and it is also Groundhog Day in US and Canada where consulting a live Groundhog gives an indication of when Spring will arrive!

This day in the Northern Hemisphere is also celebrated in the Gaelic tradition as the time of ‘Imbolc’. The literal meaning is “in the belly of the

Mother' because the seeds of Spring are beginning to stir in the belly of Mother Earth in the middle of Winter and heralding a promise of new life. The flower associated with Imbolc is snowdrop, when it appears as a warming and hopeful breath on the land.



A common name for the snowdrop is the 'Flower of Hope'. It is thought that soldiers in the Crimean War, when bedding in for the harsh winter, saw these tough little flowers push through the snow and bloom (despite the harsh conditions) and welcomed them a harbinger of Spring and positivity in challenging times. Snowdrop's ability was also seen as a symbol of resilience and perseverance, symbolising hope, consolation, and new beginnings as they are among the first flowers to bloom in the Spring, after a long and cold winter.

All these new year events and lessons from nature are part of a reflective space to look deeper into our goals and intentions for the coming Spring and new year, shedding outdated ways of being and moving forwards with a sense of new life, light and sense of possibility.

Some books on the topic of hope:

- "The Book of Hope: A Survival Guide for an Endangered Planet" by Jane Goodall
- "Active Hope" by Joanna Macy

Here in the CCA Nature Pod community, despite the challenges faced by nature and the planet, we take inspiration from nature capacity for resilience and renewal, towards a more regenerative and sustainable future.

"Either we have hope or we don't; it is a dimension of the soul; It's not dependent on some particular observation of the world or estimate of the situation. Hope is an orientation of the spirit, an orientation of the heart; it transcends the world that is immediately experienced, and is anchored somewhere beyond its horizons"

Vaclav Havel

See you at the next gathering!