



Bored of the **annual team-days** sitting in an office fiddling with post-it notes?

You need a **FOREST IMMERSION**

Choose from a 2 hour Taster to a Full Day

MINDFUL TEAM GAMES
MEDITATION
NATURE PLAY **FOR ADULTS!**
CAMPFIRE COOKING
BASIC BUSHCRAFT
SET IN A BEAUTIFUL WOODLAND

A unique opportunity combining nature, play and mindfulness specifically designed to increase the wellbeing of your team through finding a deeper connection to nature and each other

Want to find out more? Contact claire@wildawake-mindfulness.co.uk 07990 974 462

www.wildawake-mindfulness.co.uk



FOREST IMMERSION EXPERIENCES



Taster: 2 hours

Experience led meditations and nature connection activities in nature

Half Day

Experience led meditations and nature connection activities in nature. Make your own lunch on a campfire and try your hand at some bushcraft skills

Full Day

The same as the Half Day, plus an opportunity to tailor the day to support your teams development needs. We can provide mindful activities that can be used as a tool to; better understand staff wellbeing, improve communication, build collaboration and trust, and reflect on events of the past year whilst looking forward.

Learning Outcomes

Enhancement of individual wellbeing and resilience, reduced stress through play, learning new skills in meditation, increase in team morale and trust, collaboration on a shared vision, appreciation of individual strengths, creative problem solving, focused on cooperation over competition...and a fun and memorable experience! More outcomes can be added once the session is tailored to your needs.

Location: We like to stay local to reduce our carbon footprint so all events are based within the Greater Manchester area.

When: Anytime! You can play it safe and go for Spring/ Summer or play it wild and go for Autumn/Winter

Price: From £475 for a 2 hour Taster. Prices depend on number of participants, location and what is required to ensure your needs are met

Your Host: Claire believes that everyone can have a deeper connection to themselves and the world by spending time outside and being mindful in nature. From this deeper connection we feel more at ease, calmer and can live a life that is fulfilling and Wild Awake. A qualified Mindfulness and Resilience Teacher with over 10 years senior level experience in the Environmental Sector