

WHAT IS NATURE THERAPY?

Nature therapy is inspired by the practice of Shinrin Yoku (or forest bathing) from Japan. With a focus on slowing down and awakening the senses, our guided invitations help you relax and become present, making room for listening and reflection, for quiet and accepting presence, and for inquiry through all the senses, in a non-judgmental setting.

Each experience usually lasts 3 hours and walking slowly, no more than a kilometre.



"Be prepared to put aside all your preconceptions, troubles, complaints, judgments, needs, expectations and demands, and give yourself the gift of accepting what the forest has to offer, as it's something unique and special." - Participant, Nambucca Heads

Your Certified Guide is

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...metaphorically speaking

Passages to healing through Nature, Art and Storytelling



Nature & Wellbeing
AUSTRALIA

NATURE THERAPY FOR EMPLOYEE WELLBEING



NATURE. PEOPLE. CONNECTION. WELLBEING.



WELLBEING SESSIONS

If your employees are tired, stressed, working in high pressure environments, and taking a lot of sick leave, then this restorative wellness experience will help improve their health and wellbeing.

Your Corporate Wellbeing Session features a Guided 3 hour nature therapy walk at a location near you, bush tea and snacks for up to 10 staff. For an extra fee, lunch can be included.

Ideal for planning and team building days, corporate events or a regular lunchtime program, nature wellbeing sessions promote trust in relationships, greater harmony and connection within your team.

BENEFITS FOR BUSINESS

Studies demonstrate the many links between mindful contact with nature and good mental, physical and social health.

The knock-on positive effects of nature connection for employees are many.

- reduce stress and health complaints
- boost happiness and improve mood
- improve work performance and productivity
- improve memory and self-esteem
- Promote leadership skills
- enhance innovation, creativity and the ability to see patterns
- problem solving and better risk taking
- pro-social behaviour, positivity and empathy
- less impulsivity and smarter decision making
- more focus, attention and concentration
- lower rates of absenteeism and presenteeism with flow on economic benefits

ABOUT US

Nature and Wellbeing Australia is a team of people committed to wellbeing of people and planet. We use an evidence-based approach to experiences in and with nature. We are all Certified members of the Association of Nature and Forest Therapy Guides and Programs. Between us we have skills in environmental psychology, social work, occupational therapy, permaculture, consulting, research and more.

CONSULTING SERVICES

- Developing or improving and implementing green wellbeing policies for workplaces
- Providing advice about incorporating nature connection into everyday lives for health and wellbeing
- Literature reviews and research
- Improve the lives of those with disadvantage (Corporate Social Responsibility)

