

Wild Wellbeing Workshops

Duration: half-day or full-day

Location: in woodland location in Sussex close to travel links OR in own grounds if suitable.

Step outside, slow down, and rediscover the restorative power of nature. These guided sessions invite you to leave behind the noise of the day and reconnect with yourself, your colleagues, and the natural world around you. By resetting our relationship with nature, we open up space for clarity, resilience, and a deeper sense of balance.

What to Expect

Mindful arrival: Gentle exercises to tune into your senses and shift from work mode into presence.

Group connection: Circle-based reflections and shared intentions to ground the group.

Mindful practices: Time in nature to notice, reflect, and experience how being outdoors shifts your perspective and energy.

Reflection & dialogue: Pair and group activities exploring what supports you, the role of boundaries, and what you need to thrive.

Grounding practices: Breathwork and simple techniques for drawing on nature's support whenever you need it.

Benefits

Reduce stress and mental fatigue

Reconnect with nature's ability to restore balance and perspective

Strengthen connection with colleagues in a fresh setting

Learn practices that support everyday wellbeing at work and beyond

This isn't just time outdoors, it's an invitation to reset, reflect, and experience how the presence of nature can help us feel calmer, more connected, and better supported



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