



GROW WITH NATURE
— CONSULTING —

SERVICES AVAILABLE

OUTDOOR EDUCATIONAL AND EXPERIENTIAL OPPORTUNITIES FOR SCHOOL STAFF, HEALTHCARE PROFESSIONALS, CASEWORKERS, SERVICE PROVIDERS, AND OTHERS.

Grow With Nature Consulting offers opportunities for businesses looking to incorporate a nature-based perspective for themselves and/or into the work they do whether with children, adolescents, and/or adults.



Group Nature Retreats

Helping businesses offer outdoor/nature retreats to their employees as a space to promote wellness, staff retention, and resiliency.



Programming Consultation

Opportunities for therapeutic & behavioral health organizations with education and development support to build their own successful Nature Based Programs.

Group Nature Retreats: 3 hours, up to 10 people

Offer your staff a unique opportunity to participate in outdoor based professional staff retreats. Agendas can be customized, and will focus on personal development utilizing a creative approach with nature to promote staff wellness, resilience, connection, and retention.

Sample Staff Retreat Agenda:

Processing Trauma As A Provider:

- Grounding and mindfulness activities
- Team building and connection activities
- Psycho-education to normalize trauma's impacts through a nature based perspective
- Utilizing nature based metaphors in conversations focused on personal well-being & impacts on growth
- Discuss the health and wellness of work ecosystem, and how it has evolved
- Incorporating the nature based perspective into healing process
- Opportunity to set intention both for self and as a group

Special Offer: Book a retreat by 3/1/2022 for any time in 2022 and receive a 25% discount!

Retreats are 3 hours and \$175 per person for up to 10 people (\$1750 total), but with this discount, it will only be \$1300 total. Additional consultation to customize an agenda based on current staff needs is available for \$250 (discounted from \$500) . For more information or to register, contact Alice Nelson at:

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