

Wellderness About Us Section

Our aim is to help people connect with nature as a means to feeling better. We do this in a number of ways. Find out more below.

EDUCATION

Start 'em young. Children have an intuitive connection with nature. Watch a young child in a garden and you'll spot the fascination they have.

WELLDERNESS WALKING

Wellderness Walking is an initiative aimed at getting people back into nature in the most gentlest of ways - by taking a walk with friends in the great outdoors. The concept is simple - schedule a walk outside, once a week with two or three other people. That's it. Sometimes the best things are the simplest and here's why this works.

Walking - for most people it's the most accessible form of exercise. You don't need fancy equipment, there are few barriers to entry, it's low impact, it can slot into your day without a huge amount of effort. Its benefits are numerous. [List benefits].

Outside - research has shown that exercise outdoors is beneficial for your physical and mental health.

Spending time in nature has been proven to help reduce stress levels. [more information needed re stress level]

Weekly commitment - Habit forming. Regular exercise is health promoting. Better to walk for 1 hour once a week than 6 hours once a year.

With others - A couple of reasons for this. The first is the connection point. Humans need human connection. By regularly scheduling a walking date with others, you are satisfying that need. The second is accountability - you are more likely to stick to a commitment if there are other people committing to it as well. Call it peer pressure, call it guilt, whatever. You're more likely to stick to it if you are making a commitment with others.

This is a programme that we believe works well in a number of settings - particularly GP surgeries, colleges and workplaces. Its main aims are to build meaningful connections between participants and improve wellbeing through time outdoors.

How it works?

We will come in, sit down and have a chat about how you think this programme can help your organisation. We take some baseline measurements. We will work out a 'get the message' out there strategy with you and we'll help you market this internally. We will then facilitate the early groups and keep in touch as it progresses. We will do some monitoring to show the impact the scheme is having. We can also tailor the programme specifically with themes or talking points. At all times the aims remain connection and nature.

COACHING

Only one thing better than coaching and that's coaching in the great outdoors. We believe that being out in nature gives you a greater sense of perspective when working through issues and figuring out life's path. We are part of nature, not apart from it. We are of

WRITING/SPEAKING

Two sides of the same coin as far as we're concerned. The main driver is getting a message out that time in

nature is good for you. We can provide copy for internal publications. Mary now writes extensively on this topic - from fact-focused pieces on the science of why getting outdoors is good for you to musings on why we have become so disconnected from the natural world and fun pieces on her own journey from corporate bot to nature junkie.

Mary has a long history of public speaking and enjoys nothing more than promoting a time outdoors message to those who might have forgotten it - she is particularly keen on talking to schools and corporates about how to alleviate stress through a healthy dose of nature.

RETREAT

Sometimes you just need to get away from it all. And that's where Wellderness retreats come in. Our retreats are based at Bryansford Cottage located at the foot of the Mourne Mountains in beautiful Northern Ireland. Typically 2/3 days that involve restoring your connection to the natural world in stunning surroundings. Programmes can be tailored to individual or group requirements and can involve hiking, forest bathing, wild swimming, foraging and

Our retreats are designed to deepen your connection to nature, to remind you that you are a part of nature and not apart from it. By doing this, you get a chance to reset, recalibrate, reduce your stress, reconnect to the important things. When you leave, you'll be refreshed and ready to face life's challenges with renewed vigour and with a new perspective.

