



Nature Prescription Professional Development Training

Access the health and wellbeing benefits of connecting with nature

In this training you will...

- ✓ Learn the latest science of nature-based health and wellbeing interventions
- ✓ Learn the difference between nature contact and nature connection
- ✓ Practice some of our most effective outdoor nature connection routines
- ✓ Learn how to recognise optimal nature
- ✓ Facilitation tips and debrief strategies
- ✓ Have the option to become a prescriber of the 10 Day NatureFix Program

If you are a health organisation looking to upskill staff, or a healthcare worker seeking to increase client and patient wellbeing, our nature prescription training is for you. Designed to introduce you to the science of nature connection, this training will provide you with the evidence and practical tools to use nature in your practice for proven wellbeing benefits.

“Taking your practice outside and connecting with the natural world is good for your clients, and for you as the health service provider. It is caring for the carers.”

Jennifer Wines,
Disaster Recovery Clinician/ Drug & Alcohol Counsellor
Murrumbidgee Local Health District

Researched benefits of Nature Connection:

- Decreased stress, anxiety and depression
- Increased happiness and positive mood
- Reductions in loneliness
- Increased pro-social and pro-environment behaviours
- Increased sense of belonging and connection with community and place
- Return on investment of between \$5-\$9 for every dollar invested

Enjoy the benefits of experiential learning:

In the training you will practice some core nature connection routines and unpack:

1. The science of nature connection
2. The optimal nature required for each routine
3. Trauma informed and outdoor counselling considerations
4. Nature connection facilitation skills

By the end of the training, and with the support of the NatureFix routines you will be able to deliver your own simple nature prescriptions to your clients, consumers, or students with proven wellbeing benefits. Total time commitment: 4.5 hours of group lectures and 1.5 hours to complete the (optional) 10 Day nature prescription program.

10-day Nature Prescription Content

As part of the training, you will receive personal access to the 10 Day NatureFix Program. This nature prescription delivers a daily dose of nature, along with short explanations on the science of why it works. Only 10 minutes a day, the program has been researched at our [Living Lab at Macquarie University](#) and shows impressive improvements in mood, connection, and wellbeing.

As part of this training, you will have 12 months access to all the nature connection routines in the program.

As a graduate of the training, you can become a prescriber of the 10 day NatureFix prescription. Giving your clients a proven nature-based intervention they can do at home, work, or on commute. The program is also available as a staff wellbeing program. [Contact us](#) for individual or multi-user license options for your clients or staff.

The 10 day nature prescription has four themes.

Theme 1: Sensory workout

Identify your sensory ruts are and unlock them for big wellbeing improvements.

Theme 2: Nature and mental health

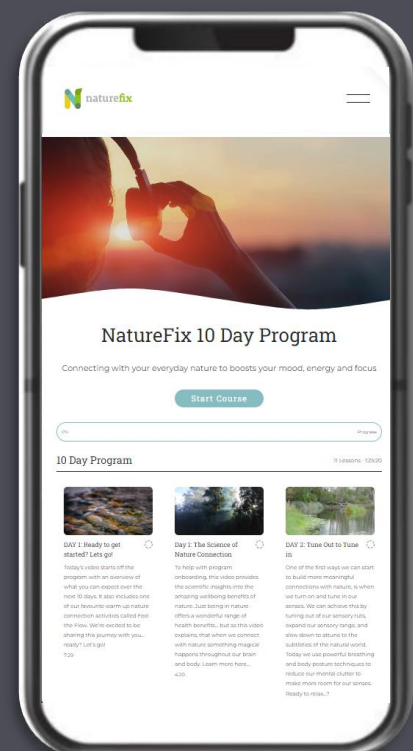
Restore mood, energy and focus through facilitating meaningful moments in nature.

Theme 3: Nature and physical health

Understand how nature connection on the move amplifies physical health benefits.

Theme 4: Nature and planetary health

Explore how nature connectedness can influence social health & planetary health.



#Learn about our Nature Wellness Trails and Zones to activate your place [HERE](#)

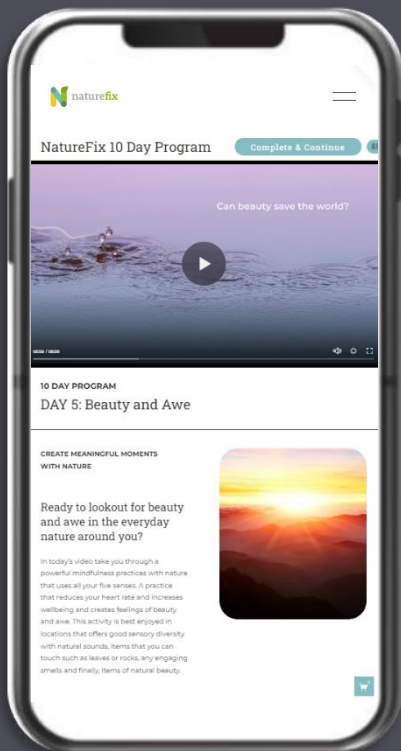
Professional Development Package

Choose from three training options

Designed to introduce you to the science of nature connection, this training will give you the tools to make nature part of your practice.

All OPTIONS include personal access to the NatureFix 10 Day Prescription Program. (Corporate licences available, contact us for pricing).

OPTION 1 100% pre-recorded.	OPTION 2 Facilitated Online Sessions	OPTION 3 In person workshop
<p>COMING SOON</p> <p>Conveniently modalised (4x 45-minute sessions) to learn at your own pace</p> <p>Time commitment: 3 hours</p>	<p>Includes 3x 1.5 hr online modules with interactive discussions and Q&A</p> <p>Time commitment 4.5 hours</p> <ul style="list-style-type: none"> Delivered in one day, or over preferred scheduled period 	<p>In person presentations & interactive training, tailored to organisational needs</p> <p>Time commitment 6 hours</p> <ul style="list-style-type: none"> Does not include travel
<p>\$235 ex GST per person</p> <ul style="list-style-type: none"> Contact us to book your placement 	<p>\$3,500 ex GST</p> <ul style="list-style-type: none"> 10-30 pp - contact us for larger group pricing 	<p>\$6,500 ex GST</p> <ul style="list-style-type: none"> Max 20 pp - contact us for a quote or for customised training



“Thank you so much for your training with the Next Generation of Leaders and Managers within NSW Health. The participants found it to be engaging, immersive, and informative, with many commenting on how they would like to embed nature into their future work practices. The research behind your work is enlightening and the benefits for the health of the community are very inspiring.”

Kimberley Gold
 Director Management Development
 NSW Ministry of Health (HETI)

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NatureFix