



Fix your mood. Fix your energy. Fix your focus.

## NatureFix Training

### Introduction Training

This 2-hour online training introduces you to the science of nature connection. The webinar includes case studies, group discussion, and a range of engaging activities.

#### What you can expect:

- ✓ Increased understanding of the scientific evidence that supports how nature positively impacts our health and wellbeing
- ✓ Insights into the latest results from our Nature-Wellness Living Lab research at Macquarie University
- ✓ Access to resources that can be shared with clients to help them better utilise the restorative powers of the outdoors
- ✓ Why it is important to understand the difference between nature contact and nature connection to maximise health benefits
- ✓ Specific applications to restore attention, reduce stress and improve mood - making nature a self-care health solution for you and your clients
- ✓ The role of nature connection in promoting pro-social behaviours such as kindness and gratitude as well as sustainability and conservation actions
- ✓ You will also be introduced to the concept of connective design, how you can design for optimal types of nature to improve health

“Thank you so much for your presentation at the Next Generation of Leaders and Managers within NSW Health. The participants found it an engaging, immersive, and informative session, 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  
Ministry of Health (HETI)

## Who will benefit?

- ✓ Health and allied health professionals
- ✓ Outdoor facilitators
- ✓ Open space planners, landscape designers and built environment architects
- ✓ Green and blue space managers
- ✓ Anyone with an interest in the health-giving potential of nature

## Outdoor Workshops

Whether you are a health organisation looking to upskill or corporate group seeking to increase workplace wellbeing and team bonding experience, our half day and full day workshops programs are for you. These well-loved workshops are for small groups of 6-20 and are delivered using experiential learning frameworks. Come together to experience the health-giving potential of nature. You will laugh, feel great, feel connected and learn lots along the way.

## About our facilitators

Our facilitators all have decades of experience in nature connection programming, research, ecology, conservation, and health. We will hold a safe space that values learning, diversity, acceptance and first nations perspectives.

Contact us for a free consultation about your training needs.

“Thank you. We rarely receive 100% very high rating for workshops, so this is a real measure of all-out appreciation for what and how you presented.”

Willoughby Council

“The workshop was beautifully put together. I learnt that I can take time out using all my senses to connect with nature and can be done within as little as 10 minutes.”

Canada Bay Council Participant

## Contact Us

Waminda Parker  
E: [waminda@theconnective.co](mailto:waminda@theconnective.co)  
M: +61 418 467 068

Dr Miles Holmes  
E: [miles@theconnective.co](mailto:miles@theconnective.co)  
M: +61 427 458 045

[www.naturefix.life](http://www.naturefix.life)

