



Eco Coaching & Therapy Course Level 1

Join me in Snowdonia for this experiential course

This course will enable you to work creatively with your clients using the outside space.

- The principles and practice of eco coaching and therapy
- Basic health and safety rules and map reading
- How to access potential in the outdoors
- Utilising archetypes in life and nature
- Working creatively
- Interdependence with the space
- The environment as the coach/therapist
- Managing challenges
- The living presence of nature as the third person



Date: 13th &
14th May 2025

Time: 13th –
10am – 5pm
14th - 10am –
3pm

Cost: £175

Location: The
Lakeside Car Park
Llanberis, Meet at
the Sword Statue
LL55 4ER

For further information or to reserve a place contact
lisa@awakenschool.co.uk

