



Tansy
in the Wild

CORPORATE WELLBEING
PORTFOLIO

WWW.TANSYINTHEWILD.COM

MINDFUL WALKING AND NATURE CONNECTION AS A PRACTICAL TOOL FOR HEALTH & WELLBEING

There is a vast body of evidence-based research on the health and well-being benefits of spending time in Nature. The well-being industry has become flooded with fitness and well-being trends, yet all the while the most simple and natural way to keep well is available to us all and does not require any complicated techniques to achieve results. Walking mindfully (which simply put, means paying attention to your surroundings) has been proven to lower blood pressure, heart rate and the stress hormone cortisol and that's just for starters.



*"Look deep into Nature and you will understand
everything better"*

Albert Einstein

A FRESH APPROACH TO WELLBEING IN THE WORKPLACE



If you're seeking a different approach to wellbeing in the workplace, Nature Connection workshops can be insightful, educational and relaxing. They offer a fresh perspective on how to stay well and are enjoyed by both male and female employees.

Most people understand on an intuitive level that Nature is good for their health.

I share all the reasons why and can physically get teams out of their office to put the teachings into practice. I understand that people like to know the facts and I also successfully de-bunk the belief that Nature connection is weird or alternative by bringing in neuroscience and biology.

Along with my skills and training in Nature connection, I am an internationally accredited life coach so I have had a vast amount of experience coaching individuals and groups for personal development and well-being. As a former Radio show presenter, I love to talk about and share the powerful benefits of Nature connection. I am fascinated by the science and marvel at the mystery.

THINKING ON YOUR FEET. HOW WALKING ENHANCES PERFORMANCE

Team Building & Strategy Days



Getting teams out walking and talking together out in Nature, not only boosts their well-being, it can also enhance their performance. Walking has now been scientifically proven to improve cognitive function and increases the ability to be more creative, problem solve and boost confidence.

Employees likely spend a huge amount of time at their desks in a static position which excludes the body from any thought process or decision making. When you walk and talk the body contributes to the thinking process and enhances it. Blood flow to the brain increases, positive hormones are released allowing for more creativity and expansive ideas. Oxygen intake increases and conversations are energised and flow more freely.

Terms like 'Think outside the Box' or 'Blue Sky Thinking' can be physically embodied as teams step out of the office (the box) and walk in the great outdoors under the limitless sky. Walking side by side also creates a strong sense of teamwork and togetherness as everyone follows a path towards a shared destination.

"In every walk with nature one receives far more than he seeks."

John Muir



PACKAGES

Full quotes provided on request

1 HOUR PRESENTATION

Delivered online or in person at your workplace

A 30 minute engaging presentation about the importance of spending time in Nature and the scientific health benefits, with the key principals of mindful Nature connection. The presentation is followed by a short practical session on mindfulness and how to connect with the senses and a guided exercise on how to feel more grounded and centred.

From £350

- *Suitable for up to 20 people.*

2 HOUR PRESENTATION WITH GUIDED WALK

Delivered in person at your workplace or offsite location

A 30 minute engaging presentation about the importance of spending time in Nature and the scientific health benefits, with the key principals of mindful Nature connection. The presentation is followed by a guided mindful walk outside where attendees have the chance to immediately put into practice what they have learned and receive more tips and guidance on building their own practice.

From £550

- *Excludes any potential venue hire*
- *For up to 15 people or 30 with an additional guide*



PACKAGES CONT

Full quotes provided on request

3 HOUR OFF SITE FOREST BATHING WORKSHOP

Delivered at an agreed offsite location with permit

This is a great option to get teams out for the morning to support their wellbeing. This 3 hour workshop includes a welcome introduction and brief talk on Forest Bathing, its history, principles and health benefits. Followed by a 1.5-2 hour relaxing Forest Bathing session and finishing with campfire tea and snacks and a closing circle with reflections and intentions.

£50 per person

- *Minimum group size is 10 - Max is 30 with an additional Guide*
- *Excludes any potential permit & additional insurance costs*

1/2 OR 1 DAY TEAMBUILD/WELLBEING EVENTS

Delivered at an offsite location as a stand alone offering or as part of teambuilding/strategy days or weekends.

If you would like to organise an extended experience for your team that combines wellbeing with team building and strategy planning then I collaborate with a several high quality venues in Kent and can arrange a full itinerary for you with meeting space, food and beverage and accommodation if required. The venues have indoor meeting room space and extensive grounds to be able to incorporate mindful walking, forest bathing and walk & talk group coaching sessions for creativity and problem solving. Experiences can be for a half day, full day or 2 day with 1 or 2 nights accommodation.

From £750

- *Excludes any potential venue hire, accomm and food/beverage costs*
- *Can accommodate up to 25 people*
- *For groups over 15 people, an additional guide would be required.*

"I took a walk in the woods and came out taller than the trees"

Henry David Thoreau

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TANSY JANE DOWMAN



BIOGRAPHY

Tansy is an internationally accredited Personal Evolution Coach, Certified Forest Bathing & Natural Mindfulness Guide with training in Meditation, Foraging and Somatics. Tansy supports others to utilise Nature as a tool for inspirational growth and wellbeing, and works in both the private and public sector offering workshops, presentations, retreats, team building and also has many 1:1 workshops and collaborative partnerships with a variety of venues. Tansy is also a published author and former presenter and writer on Wellbeing Radio.

The name Tansy comes from the tenacious wildflower that grows in the English countryside and much like her wildflower counterpart, Tansy lives and thrives in the countryside of Kent in the UK with her husband, two children and side-kick dog. Nature is a fundamental part of her life in work rest and play.

PRESS



AVOIDING THE CRASH & BURN

8 years ago, I was working in London as a Senior Events Manager. A career that spanned 12 years and demanded long hours and stressful deadlines. I have first-hand experience of crash and burn and work-related illness. I wish back then, well-being in the workplace had been a priority and understand how vital it is for office-based employees today to receive that support.

Today, work-related mental and physical illness continues to rise and directly impacts the success of a business. Many employees may try to hide stress-related illness in fear of losing their jobs or respect. They may do their best to manage this illness on their own until it becomes too late and they are forced to take sick-leave. By being proactive about well-being in your business you create a safe, supportive and educational environment for your team to thrive in.



“All truly great thoughts are conceived by walking.”
Friedrich Nietzsche



TESTIMONIALS

'We connected with Tansy through our Experience development programme to diversify into the tourism industry. When we heard she was developing a corporate wellbeing package we were delighted to invite her into our office to deliver a session to our team for our wellbeing Wednesdays. Tansy delivers her presentation in such a passionate and engaging way. Her knowledge of the science of wellbeing and the importance of nature connection is extensive. The team have now taken Tansy's advice and aim to incorporate her practices into their working lives to improve productivity, creativity, and innovation. We would highly recommend Tansy and will be inviting her back on a regular basis to support the well-being of our team'

D I E D R E W E L L S O B E
C H I E F E X E C V I S I T K E N T

"I found Tansy's angle on mindfulness unique and fascinating in equal measure. So much so, in fact, that I invited her to take a slot in our Well Being week and give a talk and take some people from my IT consultancy on a mindfulness walk close to office in London. In her presentation, Tansy covered the science behind how mindfulness walks are beneficial to good mental health.

I would thoroughly recommend you hear what Tansy has to say and if you can, get on one of her Mindfulness and Nature Connection walks - an excellent investment in time."

G . R O S S - S I M M O N D S
A M I D O L T D

Tansy is excellent at delivering her message in a passionate and engaging way. Her knowledge was impressive and my team enjoyed both the presentation and the guided walk afterwards. It was a great talking point and many team members have taken on Tansy's advice and have introduced her practices into their lives with visible results. I would highly recommend Tansy and will certainly be inviting her back

D A N I E L W I L K S
C R E A T E C O C K T A I L S

Tansy in the Wild

GET IN TOUCH



For any questions, enquiries and quotes you can email or call me or visit my website and social media platforms.

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"Choose only one master - Nature"
Rembrandt

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