



TEAMCOACHING-OUTDOORS.COM

LET NATURE INSPIRE YOUR THINKING



Dates:
27th -29th Sept &
4th-6th Oct 2024

Disconnect2Reconnect - Team Coaching
Outdoors Workshop

Piloting our New Team Coaching Outdoors Two-Day Pyrenean Workshop



Escape to the Pyrenees Mountains to be part of our new two-day Coaching Outdoors experience. Using the wonders of Nature and the Outdoors to *Disconnect* from your daily interferences, the grind, your current thinking, your challenges, problems and barriers. *Reconnect* with yourself, what matters, new inspired thinking and a revitalised solution focussed outlook, all re-kindled by this amazing mountain environment.



Head in the clouds? How about Head above the clouds? Can that give you a different perspective?

A pilot workshop, bringing the skills and experience of evidence lead Organisational Coaching and enhancing it through connections with Nature and the Mountains.

Offering a win-win for you and for us, the opportunity to join this pilot scheme. For you, expert Coaching, a weekend in these wonderful Mountains, and real experience of disconnection and reconnection, at a ridiculously low price. For us, a helping hand through your feedback and experience to refine the collaboration and synergies of professional coaching and the outdoor mountain environment.

A short Overview - The two-day workshop is split into 4 sections. The first half a day is focussed on *Disconnecting*. Use the tranquillity of the mountains to escape the everyday. The technology, the constant input, the noise, the 'always on'. *Disconnect* from all the inputs and start to hear yourselves as a Team once again.

The first part of the afternoon continues the *disconnect*, but this time with your current thinking and current emotional ties. The tranquillity and vastness of Nature here can humble you in a way that starts to shift your relational perceptions. The rest of the afternoon is a space to start listening and reconnecting with yourselves. What do you want, what do you need as a Team and where is your relational balance, well, out of balance?

The second day continues your *reconnection* using 3 or 4 of the wonderful mountain elements; the high peaks, the rivers, lakes and streams, the steeply banked forests and the high grass prairies. Observing nature at work can give us insights and inspirations that are fresh, on a different level, and only possible in the here and now, in nature. We use these to *reconnect* with our challenges, our emotions, our Team relationships and our priorities to give you a new formula to take away, to make change, small or big, whatever your decide.

"I would highly recommend Damian as a Team Coach for anyone wishing to deepen their connections, dialogue and progress with having difficult, more connected conversations."

By very limited invitation, you are invited to join us on this two-day workshop experience. In lieu of our usual pricing, we ask for you to participate in honest and structured feedback to help us refine the connection of our experience in professional coaching and the mountain environment together. Please [email](#) or call for further details.



About TeamCoaching-Outdoors.com

15+ years experience successfully Coaching Executive Teams and individuals, an MSc in Coaching Psychology with nearly 2000 recorded hours of Coaching, and an absolute passion for connecting with nature and mountains. Be Challenged. Be Inspired. Be Revitalised.

www.TeamCoaching-Outdoors.com

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