



TEAMCOACHING-OUTDOORS.COM

LET NATURE INSPIRE YOUR THINKING

Disconnect 2 Reconnect in 2025

Be Challenged. Be Inspired. Be Revitalised.

Discover the Transformative power of Coaching Outdoors in the stunning French Pyrenees Mountains.



Escape to the Pyrenees Mountains to be part of our two-day (Team) 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?

“I didn't expect to get so much from the workshop, but it has had a lasting impression on me. It gave me time and space which coupled with the beautiful and soul filling surroundings and your coaching skills, enabled real change”

— Tammy, Co-Founder

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This Experience brings evidence led Organisational Coaching and enhances it through connections with Nature and the Mountains.

Offering a Two-Day, Three Night experience, airport transfers, accommodation with breakfast, transport whilst here and two days of amazing hiking and professional Coaching in these beautiful enriching mountains.

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 yourself once again.

The first part of the afternoon continues the *disconnect*, but this time with your current thinking and current emotions, individually and as a Team. 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 yourself and each other. What do you want, what do you need 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 and our priorities to give you a new formula to take away, to make change, small or big, whatever you decide.

"This process is entirely underrated! I underestimated its huge impact on me. I highly recommend getting on the plane and disconnecting; you'll reconnect *entirely* differently..."

Join us in 2025 and discover a transformation waiting, just for you!

Planned dates for Individuals and Leaders in 2025 / Bespoke dates for your Team available on request:

14th - 16th May | 4th - 6th June | 25th - 27th June | 17th - 29th September

Please [email](#) or call for further details, visit [TeamCoaching-Outdoors.com](https://www.TeamCoaching-Outdoors.com) or leave your details [HERE](#) and I will get straight back to you with some more information.



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, 600+ individual clients and an absolute passion for connecting with nature and the mountains.

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