

Leveraging Nature-Themed Journaling for Transformative Coaching with Jackee Holder

Are you looking for creative ways to help your coaching clients gain fresh insights and perspectives? Nature-themed journaling provides a powerful, therapeutic tool to foster self-awareness, emotional clarity, and problem-solving skills even when stepping outdoors isn't possible.

In this 90-minute experiential CPD session, we'll explore how to use nature and expressive writing to deepen client reflections, navigate challenges, and unlock transformative growth.

What You'll Gain from This Session:

This is a hands-on session designed to enrich your coaching toolkit. Together, we will:

Engage with Nature as a Co-Partner in Coaching:

Learn how to integrate nature-themed prompts into your coaching practice, enabling clients to explore new perspectives and insights.

Uncover the Science Behind Nature and Well-Being:

Discover evidence-based research on how connecting with nature improves mental clarity, emotional well-being, and creative problem-solving.

Bring Nature Indoors When Outdoor Coaching Isn't Possible:

Explore ways to work with nature symbolically—through journaling, stories, and memories—when outdoor environments aren't accessible.

Experiment with Journaling Techniques for Insight and Creativity:

Practice a series of therapeutic journaling prompts designed to foster client breakthroughs and help navigate personal or professional challenges.

Explore the Power of Walking Practices for Mental and Physical Wellness:

Reflect on how movement and time spent in nature contribute to balance and resilience, for both coach and client.

Deepen Your Personal Connection with Nature:

Discover ways to meaningfully reconnect with the natural world in your day-to-day life and integrate this connection into your coaching identity.

Why Nature-Themed Journaling?

Nature has a unique ability to inspire reflection and emotional processing. By weaving nature into your coaching through writing, you create a powerful, accessible tool for clients to explore their inner landscapes while drawing inspiration from the natural world. This method supports:

New Perspectives: Nature imagery and metaphors unlock creative problem-solving and new ways of thinking.

Emotional Clarity: Writing about nature fosters emotional regulation and stress relief.

Practical Application: Nature-themed prompts help clients relate abstract insights to concrete actions.

This CPD session isn't just about journaling; it's about enhancing your coaching practice with a nature-infused perspective that supports holistic growth for both you and your clients. You'll leave with:

A deeper understanding of how to integrate nature into coaching conversations.

Practical journaling techniques you can start using immediately.

Renewed inspiration to reconnect with the outdoors and yourself.

Whether you're an experienced coach or just beginning your journey, this session will equip you with creative tools to help your clients thrive in a fast-paced, disconnected world.

Join me for this transformative session and discover how the natural world, paired with therapeutic journaling, can create a lasting impact in your coaching practice.



Jackee is a leadership coach specializing in executive and board-level coaching across sectors including education, the NHS, and financial services in the UK.

She is also an author and a columnist for Psychologies magazine. An avid urban walker and advocate for nature in cityscapes, Jackee has authored two nature-inspired illustrated Writing Maps: *Writing With Fabulous Trees* and *Re-Wilding The Page*. These restorative wellness resources combine the therapeutic benefits of nature with expressive writing. In 2020, she self-published the *Inner and Outer Nature Self-Discovery Card Deck*, a collection of 49 nature-inspired journaling prompts designed to foster reflection and well-being.

Jackee lives on the outskirts of London, close to remnants of ancient urban forests and woodlands. Her go-to resilience tip? A rejuvenating hour long morning walk among the urban trees, followed by ten minutes of early morning journaling.