



# DISCOVERY IN NATURE

MARTIN MATTHEWS. PH/0878551000  
MRTNMATTHEWS@GMAIL.COM

A SERIES OF SIX WORKSHOPS  
DELIVERED IN A FOREST  
ENVIRONMENT

1. THE CONCEPT OF NATURE CONNECTION AND HOW IT CAN IMPROVE WELL-BEING

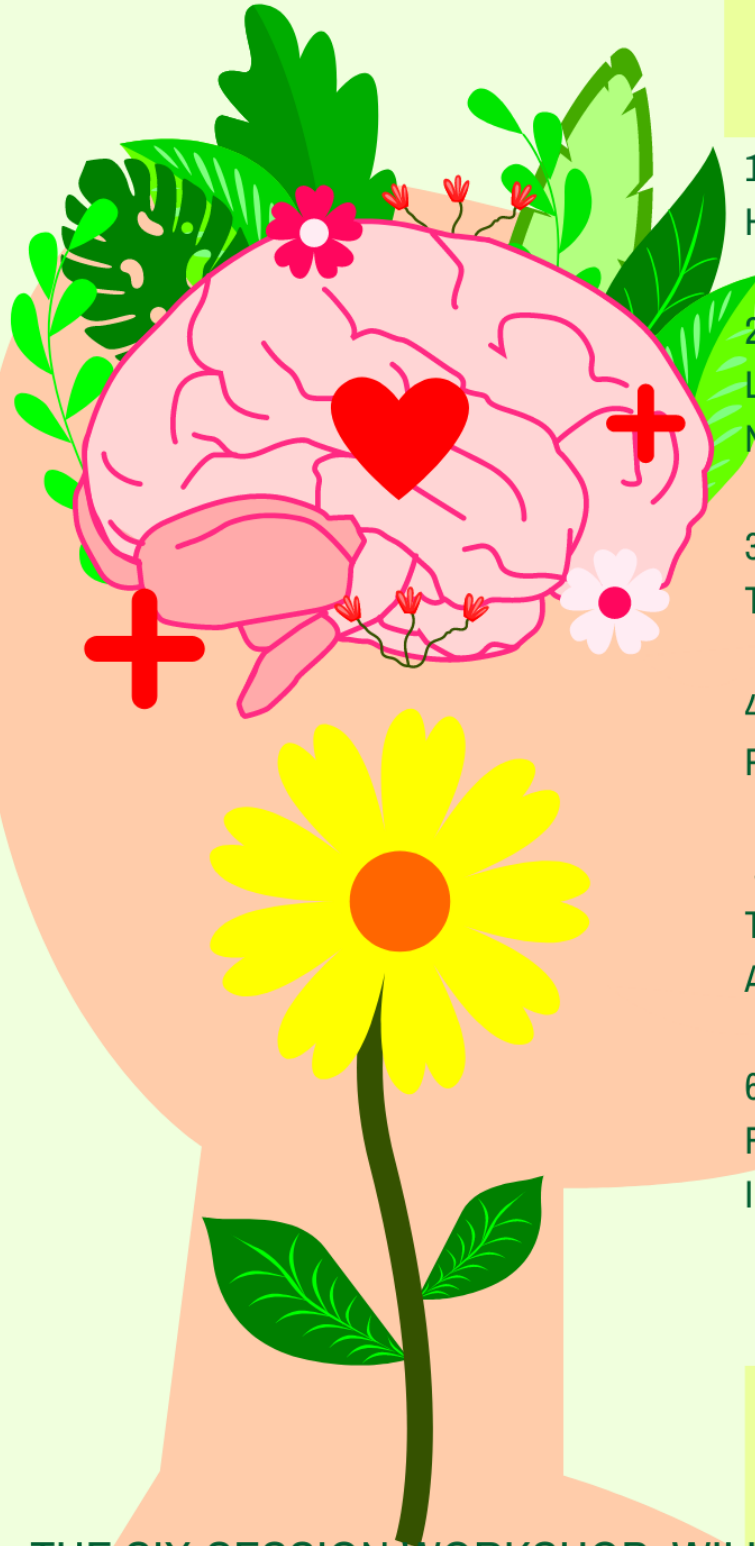
2. GUIDED MEDITATION IN NATURE:  
LEARN TECHNIQUES THAT CAN BE PRACTICED IN NATURE AND APPLIED TO DAILY LIFE.

3. NATURE JOURNALING: **DISCOVER** AND LEARN THE CONCEPT OF NATURE JOURNALING

4. NATURE-BASED EXPERIENCES: WHICH PROMOTE SELF-DISCOVERY AND WELL-BEING.

5. NATURE AND COMMUNITY:  
THE IMPORTANCE OF COMMUNITY IN NATURE AND HOW IT CAN IMPROVE WELL-BEING.

6. REFLECTION AND INTEGRATE:  
REFLECT ON EXPERIENCES AND HOW TO INTEGRATE DISCOVERIES INTO EVERYDAY LIFE



THE SIX-SESSION WORKSHOP: WILL INTRODUCE THE CONCEPT OF **DISCOVERY**, SELF-SUPPORT, AND SELF-DEVELOPMENT, PROVIDING PARTICIPANTS WITH THE TOOLS AND THE KNOWLEDGE TO INCREASE AWARENESS OF THEIR WELL-BEING THROUGH CONNECTING WITH NATURE