



Karen Liebenguth: How Coaching Outdoors Can Help us Have a More Embodied Coaching Experience.



Karen Liebenguth is a certified coach, eco-therapist, accredited mindfulness trainer, mentor and facilitator. She set up Green Space Coaching and Mindfulness in 2008 and took up coaching outdoors in 2009. Discover her findings about the benefits of coaching outdoors and how it helps us and the clients be more embodied and feel more relaxed and present.

TOP EMBODIMENT TIP: Regularly, even daily, spend some time in nature and connect to the earth, the body and the sky, and notice the difference when you do.

Connection With Nature: Some of the Good Things We May Easily Forget To Do.

- Regularly spending time in nature has been an important part of Karen's life. She would notice how good she felt after spending a day or a weekend out in nature.
- In a 2010 eco-therapy training they were given a task of finding a sit spot. It was then she got the idea of coaching outdoors.
- Find your own sit spot somewhere in nature to go to every now and then.

Biophilia Hypothesis By E.O Wilson: Nature is Our Place of Origin.

- People have a love of nature and its diversity. Human beings possess a hard-wired disposition to connect with the natural world.
- "I only went out to nature for a walk and finally concluded to stay out till sundown, for going out, I found, was really going in." John Muir.

Nature is a Restorative Element: Sometimes We Get Alienated From Nature in Modern Life.

- Nature helps us to come down from our head into our bodies.
- Ask yourself: How do you feel when you spend time out in nature? How often do you spend time in nature?

Coaching Outside: When we Are Embodied our Thinking Becomes More Embodied.

- Nature helps us to be more in our direct sensory and perceptual experience. Some practices of coming back to our senses help, too - grounding, and walking with another.
- Practicalities are different when coaching outdoors; preparation is needed so the client can trust the coach to take the lead. Things to consider: confidentiality, weather and clothing, liability insurance.

Resources:

- ❖ **Website:** [Green Space Coaching](https://www.greenspacecoaching.com).
- ❖ **References:** John Muir, E.O.Wilson, Rachel and Stephen Kaplan.



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Dylan Newcomb: Founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

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