

Outdoor Executive Coaching *with Dr Amanda Super*

Reflect. Reset. Reconnect – in Nature.

Creating
Compassion

Led by **Dr Amanda Super**, Chartered Psychologist and expert in compassionate leadership, this unique coaching experience takes coaching out of the office and into nature. Grounded in psychological science and delivered with care, outdoor coaching offers leaders space to reflect, gain clarity, and reconnect with their values and direction.

Why outdoor coaching?

Nature-based coaching is a powerful, evidence-informed approach to leadership development. Research shows that time spent in natural settings can:

- **Enhance cognitive clarity and emotional regulation** (*Korpela et al., 2018; Antonelli et al., 2019*)
- **Lower stress and reduce burnout symptoms** (*Hansen et al., 2022; Kotera et al., 2020*)
- **Boost reflective thinking and creativity** (*Bratman et al., 2019; Moll & Jordet, 2021*)
- **Support effective, values-led leadership** (*Richardson et al., 2021; Williams et al., 2018*)

Walking and talking in nature provides the ideal setting for insight, calm, and long-term resilience – especially during periods of challenge or transition.

What the programme includes:

- **Six 1-hour coaching sessions** across 4–6 months (*A blend of outdoor sessions across Greater Manchester and online sessions via MS Teams*)
- **Access to online webinars** on self-compassion and compassionate leadership (*optional*)
- **Personalised** preparation, follow-up, and reflective practices
- **A no-obligation Chemistry Call** to explore fit and accessibility for outdoor sessions

A compassionate and holistic coaching approach

Amanda's coaching draws on over 20 years' experience in occupational psychology. Her approach is holistic, compassionate, and focused on lasting personal and professional growth. Whether navigating career change, leadership challenges, or simply needing space to reflect, this programme supports leaders to thrive – not just survive.

The benefits of outdoor coaching

- 🍃 **Reduces stress and restores balance**
- 🧠 **Enhances clarity and self-awareness**
- 💬 **Enables open, values-driven dialogue**
- 🛠️ **Supports reflection and creative problem-solving**
- ❤️ **Builds personal resilience and wellbeing**

Who is it for?

Perfect for:

- Senior and executive leaders
- Professionals at a career or life crossroads
- Leaders under pressure or navigating change
- Anyone seeking clarity, confidence and direction

References:

- Antonelli, M. et al. (2019). *Effects of forest bathing on cortisol levels: A meta-analysis*. *IJBM*.
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- Hansen, M.M. et al. (2022). *Shinrin-yoku and nature therapy: A review*. *IJERPH*.
- Kotera, Y. et al. (2020). *Effects of forest bathing and mindfulness on wellbeing*. *IJMHA*.
- Moll, R., & Jordet, G. (2021). *Outdoor coaching in leadership development*. *Coaching: International Journal*.
- Richardson, M. et al. (2021). *Nature connectedness and wellbeing*. *Sustainability*.
- Williams, R. et al. (2018). *Integrating the outdoors into leadership coaching*. *Journal of Experiential Education*.

To find out more or book a Chemistry Call:

✉ amanda@creatingcompassion.com

🌐 www.creatingcompassion.com