



Natural Change Facilitators' Course

April 19th to 24th, 2010

**Doune Bay Lodge
Knoydart
Scotland**

£ 875.00 (private individual)

£ 1250.00 (organisation)*

*Price includes accommodation, catering,
boat transfers to/from Knoydart,
facilitation on a 2:10 ratio, & VAT.*

** if your place is being paid for by an organisation rather than by you personally.*

Natural Change is an experiential programme designed to engage and support leaders of pro-environmental behaviour. This Facilitators' Course trains people to lead Natural Change programmes.

This course is a professional development programme for those interested in facilitating groups outdoors using approaches pioneered on WWF's Natural Change Project.

It is the first course of its kind in the UK, and is being run to create a community of professionals who are able to lead future programmes using the Natural Change approach.

As a pre-requisite, participants must have experience working with people therapeutically, or on personal development programmes, and be passionate about the outdoors and sustainability.

Background

The original Natural Change Project was commissioned by WWF-Scotland in 2008 and completed in March 2009. The success of this first project has created a need to build capacity for similar future programmes.

More information about the original Natural Change Project can be found at www.naturalchange.org.uk. Those interested in this facilitators' training course should also read the Natural Change Report which can be downloaded from the website.

The Natural Change Process

The Natural Change core process is complex, dynamic and operates on different psychological levels simultaneously. These include, *conscious* levels of awareness - comprising those ideas, values and beliefs which are relatively easy to access and explore; *subconscious* levels - including deep-seated assumptions about the world, which are accessible to us but often only

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after deliberate and sometimes challenging effort; *unconscious* levels - which take us into the realms of dreams, symbols, myths, archetypes, images and transpersonal experience.

In the Natural Change programme, groups members' aspirations - their psychological and social well-being, their needs and concerns - lead the process at all times. This creates a unique experience that is co-evolutionary at every stage. In this highly creative and supportive environment, the personal journey can take form. The personal journey then inspires and informs the leadership and communication aspects of the programme.

In practical terms, the process includes small and whole group work; individual tasks - including intellectual, sensory and emotional elements, as well as structured wilderness 'solo' time; 'story-telling' and reviewing of experiences; spending time together outdoors; and short theory sessions on a wide variety of subjects. Throughout the process, participants learn from and build relationships with each other, and the natural environment.

The process builds a highly cohesive community of people who explore lifestyle change and leadership towards pro-environmental behaviour in an open, authentic, inspiring and empowering way.

Facilitating Natural Change

Facilitating the Natural Change process requires a wealth of experience and a diversity of practical and psychological skills. This training programme will identify what these skills are, explore pathways to gain the relevant experience (if not already in place) and cover the techniques, theoretical bases, skills and processes involved in leading Natural Change programmes.

Participants

Future Natural Change facilitators are likely to have backgrounds in developmental outdoor education,









transformative and experiential education, psychotherapy, counselling, social work or healthcare. It is not necessary to be a 'super-leader' who has experience and skills in all these fields, as we take a teamwork approach to facilitating Natural Change - where two leaders work together in a complimentary way on each programme.

Participants will need to be emotionally mature, self-aware and have a good base of life experience. You will also need to be passionate about sustainability and the more-than-human environment.

All prospective participants will be asked to submit a written application for their place on this course and their taking part will be at the discretion of the programme leaders.

Outcomes

By the end of this facilitators' course participants will:

-  Have experienced elements of the core Natural Change process for themselves;
-  Be able to lead peer group sessions using Natural Change facilitation techniques;
-  Have an overview of the theoretical, cultural and historical bases for the Natural Change approach;
-  Be able to introduce and adapt the conceptual themes used to catalyse and support aspects of the Natural Change approach;
-  Have experienced and learned to work with reflexive facilitation tools;
-  Understand and be able to frame, sequence and review activities appropriate to the needs of the group;
-  Have a clear understanding of some basic safety and risk management issues when working outdoors;
-  Have identified a personal pathway for gaining further experience and/or training;

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- Be critically aware of their own facilitation style, its strengths and weaknesses and strategies for development.

Programme

You will spend five nights and four days at Doune in Knoydart - an area of incredible wild beauty and ancestral history. At the heart of this course is the opportunity to experience aspects of the Natural Change process first-hand, as a nucleus around which to explore the techniques, processes and issues of facilitating the process yourself. The whole week will be based in and around Doune and we will take every opportunity to work outside, weather permitting.

Monday 19th April

Meet point: North Steps, Mallaig Harbour,
Monday 19th April at 17.30.

Evening: Introductions and overview.

Tuesday 20th April

Getting to know the place we are in, greeting the land. Exploring the Natural Change approach through a comprehensive case study of the original Natural Change Project.

Wednesday 21st April

Walking (at the pace of the slowest person) and preparing for the solo time. Activities to explore the key conceptual themes of the Natural Change process.

Thursday 22nd April

A dawn to noon 'solo' spent in silence. This is the heart of the process for many participants. This is not a test of survival! Rather, it is a rare chance to simply 'be' in the humbling face of nature.

Afternoon: Telling the stories of our solo time.

Friday 23rd April

Facilitation techniques.
Review.

Saturday 24th April

Depart 09.00 (in time to meet the train Dep. 10.10).

Final content depends on environmental/weather conditions and the aspirations of the group.

Course Leaders

Both the course leaders designed and co-led the original Natural Change Project.

David Key

BA (Hons), CAT (NZ), MSc. (Dist.), FCHE.

Dave started out as a marketing consultant in London but 'escaped' to a career in outdoor education and management training and development in New Zealand. He returned to the UK in 2000 and graduated from the Centre for Human Ecology in Edinburgh in 2003 with an MSc., with distinction, in Human Ecology. Today he's a Teaching Fellow of the Centre and programme co-leader of the post-graduate module in Ecopsychology at the University of Strathclyde.

From a long career in outdoor education, he has accumulated numerous instructor qualifications while deeply exploring his special interest in the transformative power of wild places to shift people towards sustainable lifestyles. He has led outdoor programmes and lectured internationally on this subject.

Dave is a passionate Telemark skier and Canadian canoeist. He's also a keen sailor, cook, sometime poet, and (bad) guitarist. He lives in Cornwall with his partner Libby and four year old daughter, Maia Rose.

More information: <http://www.footprintconsulting.org/about/40-staff/218-dave-key>

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Margaret Kerr

MBChB, PhD, BA (Hons) Psychology, MSc Psychological Research Methods, UKCP registered, BACP and BABCP accredited psychotherapist.

Margaret works as a psychotherapist and supervisor, and is involved in academic research in transpersonal psychology. Recently, she worked as a co-facilitator on the Ecopsychology post-graduate module run by the Centre for Human Ecology and the University of Strathclyde

Her therapeutic practice is integrative, and includes cognitive behavioural, humanistic and transpersonal ways of working. Central to this integration is an understanding of the human psyche as part of a wider world – ecological, historical and socio-political. She believes that this broader perspective on psychology can help individuals to develop compassion for their own struggles and motivate positive engagement in the wider world.

Margaret has lived all of her life in Scotland, and loves exploring the lochs, mountains and the sea.

More information: <http://www.margaretkerr.com>

Personal Fitness

This course is not a test of endurance! It is a chance to slow down and experience, while exploring facilitation of the Natural Change approach.

All outdoor elements will be led by an experienced leader with National Governing Body qualifications in outdoor leadership. We will always move at the speed of the slowest person, with the focus firmly on enjoying and connecting with the land and with each other.

As a guideline - you will need to be able to carry a day pack containing your personal equipment (waterproofs, spare jacket/jumper, lunch, flask, etc) for periods of up to four hours in a rugged coastal environment.

If you have any doubts about your ability to take part, you should contact us before applying to talk things through.

Location & Travel

The course will be based at Doune on the Knoydart peninsula.

Find out more about Doune at:

<http://www.doune-knoydart.co.uk/lodge.html>

For directions see:

<http://www.doune-knoydart.co.uk/travel.html>

Although remote, Doune is accessible by train via the station at Mallaig,

Personal Equipment

A list of personal equipment (like boots, waterproofs and clothes) will be sent once you have secured a place.

Insurance

Footprint Consulting Limited holds Adventure Activity Liability insurance covering public, product and employee liability (Certificate Number: CGLB061000/383) with Jardine Lloyd Thompson through the Institute for Outdoor Learning.

It is strongly recommended that clients take out appropriate personal insurance.

Applications

If you would like to apply or have any questions please get in touch:

01872 530291

dave@footprintconsulting.org

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