

Deep Nature Work Overview ~ Growing Dialogue LTD

What is Deep Nature Work?

*Your relationship with Nature,
reflects your inner Nature.*

*Where you stand in the World,
you will stand Within.*

*Your Journey of Growth
is embraced and nurtured.*



Deep Nature Work offers a unique blend of nurturing and personal growth through interaction with our place in Nature. It creates a deeper connection to our ecosystem, and from there a strong sense of belonging emerges. We tap into knowledge gained over thousands of years and vested deeply within us, bringing back tools and insights for our own journey, our friends, families and communities.

Deep Nature work is gentle, nourishing and very much tailored to the people engaging with this approach. Accessibility is important to us; we match the nature experiences to the physical and mental abilities of to allow everyone to participate fully.

We invite you to explore the magic of deep nature work in its many facets.

Different Services within the Deep Nature Work

Deep Nature work is offered in a range of modalities.

Nature Coaching

This is a guided practice that offers you:

- a holistic approach to work towards your potential and thriving wellbeing
- a wide range of tools to set out an inquiry and to create meaningful insights
- ways to deeply nurture yourself and counter the pressures of our fast paced world
- ability to conceptualise and make visible internal confusion as well as potential solutions and the ability to shift parameters that impact your life
- an exploration of your own cultural roots in the context of nature

Nature coaching is best offered on site in nature, with follow up tasks that you can take to your favourite nature spot afterwards.

If you are not close enough to us to make this possible, then a Zoom conversation with a range of guided tasks in nature is also a possibility.

Nature Coaching is arranged by appointment – please get in touch with Maria maria@growingdialogue.nz



"Spending time in presence and reflection with Maria has helped me find my centre. And when it feels like I stray from it, knowing she is there spiritually as well as using the tools she has taught me, brings me back". Brooke Cox

Weekend Workshops

Our weekend workshops are offered in beautiful settings in Nature, complemented by comfortable accommodation and facilities nearby.

We limit number of participants to a small group size, building beautiful connections and a supportive, enriching environment. Shared food celebration, and creative aspects bring joy and lightness to fill you up.

Each workshop has a theme, and with Nature as co-facilitator this brings depth and richness to the theme. Examples are Empathy, Personal Leadership, Resilience, Inspiration, Navigating Life and seasonal celebrations connecting into Nature's annual cycles.

We offer a potent mix of developmental tools, exploring with Nature, self reflection and respectful small group work to share insights and deepen understanding.

Most workshops are near the beautiful Nelson Lakes National Park. We also tailor make and deliver in other parts of Aotearoa / NZ. [Please come and join us - current workshop schedule is at the end of this brochure.](#)

"The Nature Workshops have provided me with opportunities to experience a growing community, warm, supportive and inspiring. The teachings are consistently "on point" for life navigation and providing helpful sets of skills and perspectives to expand and deepen awareness and understanding. Many times I have been able to draw on the teachings at workshops to address challenges with creativity, confidence and compassion. "

Rebecca Foster



Nature Community Days

throughout the year

Our Nature Community Days are one day gatherings where different members of the Nature Community share a skill, activity or inquiry. This honours the wide diversity of knowledge and skills on offer and explores these in a gentle and joyful way. It is also a great opportunity to for you to meet new people and the community.

Nature Facilitation

Global research has shown that working with people in a natural setting brings enhanced results. This includes enhanced ability to think and reflect, enhanced creativity and increase of team effectiveness. Nature facilitation taps into this rich storehouse to grow dialogue and solution design for your team, your leaders and your community.

It provides a new framework that opens up positive change more easily while experiencing a nurturing environment at the same time. Nature is a master at allowing polarised issues and complexity to become visible and safely explored.

Get in touch if this has whetted your curiosity.

koreromai@growingdialogue.nz



Deep Nature Workshops and Journeys are truly nourishment for the soul. Having lived and worked on the land all my life, I now experience and connect with nature on a new and profound level. Joan Dodson

Current Workshop Schedule:

	<p>9 – 11th May 2025 Harvesting Summer's Growth – Personal Integration</p> <p>The fast paced tempo of the modern society does not hold much space for integration which can lead to an overfocus on challenges and barriers. When we start harvesting, we are often delighted and surprised at how much we have achieved, and this brings a positive outlook to the journey ahead. Nature as master of integration assists us to anchor our growth, and to bring a positive power into our daily lives.</p>
	<p>20 – 22nd June 2025 Cycles of Nature – Winter Solstice & Matariki</p> <p>Matariki and Winter Solstice are great teachers in the wonder of rebirth and re-emergence as a constant cycle on our planet and in our lives. Celebrating the longest night and the annual rebirth of the light brings an easeful understanding to renewal; letting go of that which no longer serves and inviting the joy of the new emerging self.</p>
	<p>18-20 July Deep Nature Foundation Workshop</p> <p>This workshop invites anyone who is interested in exploring Deep Nature Work as a magical tool for personal wellbeing. It is a gentle and nurturing introduction to working with and in Nature, to gain nourishment, insights, and tools for the world we live in. All abilities and all questions welcome 😊.</p>
	<p>1 – 3rd August 2025 Grace – the Path of the powerful Empath</p> <p>As empaths we live in a way that generates compassion and enables gentle solutions for society and our planet. To do so without fear of burnout or loss of personal power requires alignment and skill. Nature teaches us about the elements of reciprocity on this path. It offers us insights that enable us to be powerful and grace-full for ourselves and others.</p>
	<p>19-21 September 2025 Exploring the inner Mystic - Equinox Celebration</p> <p>Our Ancestors respected the explorations of the 'mystics' and the gifts they brought to Society. In the modern world we have to find our own way to connect to the wisdom inside ourselves and in the world around us, to enable us to share deeper insights with our communities. Nature as an embodiment of creation can teach us to access to the 'inner mystic' in unexpected and deeply nurturing ways.</p>
	<p>3-5 October Deep Nature Foundation Workshop</p> <p>This workshop invites anyone who is interested in exploring Deep Nature Work as a magical tool for personal wellbeing. It is a gentle and nurturing introduction to working with and in Nature, to gain nourishment, insights, and tools for the world we live in. All abilities and all questions welcome 😊.</p>
	<p>1 – 9th November 2025 Deep Nature Journey</p> <p>A 5-6 day walk through beautiful mountains and rivers offers a powerful interconnection with Nature which allows us to grow the inner journey as we walk the outer world. Bring your own personal inquiry or intention to allow it to unfold and grow each step along the way. Location and exact timing TBC closer to the time.</p>
	<p>Jan 16 – 19th 2026 Summer Vision Workshop at Te Kaainga Tawhai</p> <p>This is an opportunity to start the new calendar year with clarity and self-confidence. The workshop is in our special forest covenant, with a stone circle, labyrinth, a stunning vibrant river and nurturing forest and bird song. We reflect on the year past, explore what still needs resolving and what we'd like to 'dream' into reality for the coming months. We offer personal coaching alongside the community exploration and you are held in deep peace and love.</p>

Please get in touch with Maria or Scott at koreromai@growingdialogue.nz 021-2349917 and 021-541962