











Growing Dialogue Deep Nature Work – Overview of programmes and services

	<p>Stepping Stones of Potential 10 – 12th May 2024</p> <p>This workshop invites Nature as a teacher and mentor to assist us in the next steps for our wellbeing and growth. When unfolding our personal potential, we step across thresholds, through challenges and into joyfully being who we truly are. Nature steps with us to nurture and to keep our motivation and joy of life vibrant.</p>
	<p>Resilience Exploration 21st – 23rd June 2024</p> <p>In Nature the resilient tree dances with the water, flexes with the storm and adapts to sun, wind and weather – thriving all the way. For us humans, Nature is an incredible teacher on how to turn stoic endurance and rigid resistance into a vibrant set of resilience skills. This is an opportunity to develop your resilience in work and daily life.</p>
	<p>Still Points in the Flow 16th -18th August 2024</p> <p>In our journey of self exploration we often co-create challenges to enable us to recognise old patterns that no longer serve. In these moments, how can we allow the river of life to roar around us, while we sit in stillness and grounded connection in the midst of it all. We will engage with flow, still points, and all the elements of Nature to grow our ability to stay in peace and power as life unfolds.</p>
	<p>Deep Nature Journey 27th September – 3rd October TBC</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 and unfold and grow it each step along the way.</p>
	<p>Joy-full Inspiration 15th – 17th November</p> <p>Through deepening our place in, and our relationship with Nature, we open a space for mutual inspiration as a foundation of fulfilment and joy. Our inner Nature is reflected in the outer world, and we are an integral part of the whole. We build on this knowledge to lift our inspirational fitness, starting each new day motivated and joyful. We get to know our very own personal blueprint of inspiration.</p>
	<p>Nature Vision Quest 17th -19th January 2025</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>
	<p>Nature Community Days Dates and topics TBC</p> <p>In addition to the more in depth workshops we would like to offer <i>Deep Nature Community Days</i>. These are one day gatherings where different members of the community share a skill or idea, covering a wide diversity of topics and offerings. These days are 'koha' to whoever leads and to support the venue.</p>

We also offer...

	<p>Introduction to Deep Nature Work</p> <p>Explore the magic of 'deep nature work' – a nurturing and gentle way to nourish yourself, grow towards your potential and gain tools to stay grounded and positive in daily life.</p> <p>This is a great workshop for people new to this experience and work. We need a minimum of 6 people to offer a 1-2 day workshop.</p>
	<p>Deep Nature Coaching with Maria</p> <p>A personalised heart based coaching approach that interweaves Nature's magic with your journey of self discovery and self realisation. This is an opportunity to deepen what you may have experienced at a workshop, or to address a barrier or pattern that keeps repeating for you.</p> <p>For new clients we recommend 4 sessions minimum and this includes support via phone and email following each session.</p>
	<p>Team Development, Leadership and Facilitation</p> <p>We offer tailor-made high quality facilitation that nurtures the wellbeing of teams and leaders and enhances their ability to deliver. We work with Nature as companion and teacher to assist your team to build resilience, wellbeing and personal leadership for greater potential. We can also bring Nature's grace and flow into focused facilitation for diverse collaborations or specific projects.</p> <p>Please get in touch if you are interested and we will be delighted to match your needs and greater purpose.</p>

Additional Information

How does it work....

Deep Nature Work offers a unique way of personal growth in beautiful natural spaces where Nature as a teacher, mirror and nurturer invites you to explore and grow in an enriching environment. Through our relationship and place in nature we find answers that may have eluded us for a long time

Deep Nature Work is a blend of personal development elements and nurturing nature activities. We share a suite of tools and reflections that match the theme of each workshop. There are times working as a group, times for individual and pair integration, 1:1 coaching and time in nature to gain insights, nourishment and connection. For the standard workshops the walks are short and achievable by most people. The journey requires a certain level of fitness and comfort in the outdoors. We can match physical challenges/ disabilities with adapted activities.

Maria Deutsch from Growing Dialogue has facilitated nature coaching, team development, and deep nature work for many years. She is great at building connections between everyday life's growth and challenges and nature activities that can support us in these places. Maria is a qualified facilitator, coach and trainer and has been working with cross cultural groups for over 20 years.

The 3 day workshops start on Friday 10 am and go through to Sunday 3 pm. For those of you coming from outside the region we can assist with accommodation for the night prior.

Please get in touch with us if you have any questions or concerns. 😊

Ka nui ngā mihi / With love and respect

Maria and Scott

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