

**VISION / Long-Term Goal:**

Confident, self-expressed people feeling a sense of belonging, freedom and joy in the wilderness

**Through:**

Ecological connection to the natural world

Positive mental health and resilient spirit

Developing competence and confidence in the wild

**Via:**

Increased appreciation of wilderness & nature

Gaining perspective

Developing self-knowledge

Sense of pride in achievement

Awareness of personal relevance of aspects of nature

Increasing self-esteem

Accessing fun & laughter

State of flow created by balance of support and challenge

Feeling inspired

Increased fitness

Practical skills development

**So:**

Personal nature connection activities

Connecting with others – speaking, listening, empathising, witnessing

Self-reflective expression of thoughts, ideas, feelings & needs

Invitations to engage in incremental challenges

Identification and education about landscape features

Enriching personal development exercises

Useful, interesting topics

Autonomy of choice and engagement

Noticing aspects of nature

Facilitation of supportive relationships

Modelling courage

Building walking skills through practice

Experiencing positive emotions

Accessing advice and practical survival tips

**Founded on:**

Time

Space

Authenticity

Acceptance

Supportive group

Competent leadership

Experience & Training

Literary metaphors

Beautiful landscapes

Care

Rapport

Trust

Communication

Kit

Thorough reces

Policies

Risk assessments

**For:**

People who recognise the benefits of the outdoors but lack the means, confidence or companionship to access the wilderness alone.