

INTRODUCTION TO **TAKE IT OUTSIDE**



THE TREELINE

TAKE IT OUTSIDE

A two day outdoor skills and group facilitation course, fully accredited by the Institute of Outdoor Learning.

Background

In the autumn of 2021 NHS Fife, in conjunction with Life Coach and Bushcraft Instructor Tom Gold, piloted and then launched the highly successful '7 Ways' staff outdoor wellbeing programme. This is a short half day course in which participants learn a variety of techniques for enhancing their mental health by using short breaks in a natural setting.

Take it Outside

Take it Outside aims to equip managers with the competencies to deliver in house outdoor wellbeing sessions by creating a safe, comfortable, all weather outdoor learning environment for members of their own organisation.

What do you get?

Take it Outside will enable you to make fullest use of the natural environment as a backdrop for wellbeing sessions and share it safely and sustainably with your team, your colleagues or your clients.

Over the two days you'll learn about safe tool use for preparing firewood and kindling, erecting a tarpaulin shelter to keep everyone dry and creating a basic outdoor kitchen for making hot drinks and snacks.



What does it cover?

Tool use – Including the use of knives, saws, axes.

Fire lighting – The principals of effective and safe fire lighting including, kindling and the use of fire starters.

Shelter – Setting up a shelter to keep the whole group dry,

Outdoor kitchen - Creating an outdoor kitchen including making outdoor snacks on the fire and building tripods for hanging pots and kettles.

Health and safety – Risk assessment and group management in outdoor contexts, right of access and other legal considerations and responsibilities.

Facilitation - People behave differently when they are sitting round a campfire to when they are sitting in a meeting room. The final strand of this course will allow participants to understand and work with some of these differences.



Who is this course for?

Anyone who wants to learn how to enhance their team's wellbeing by utilising the outdoor environment. How much does it cost?

£200.00 per person

What is the maximum group size?

10

And the minimum?

4

Can I arrange a course exclusively for my team?

Yes

Can I split the two days over a longer period?

Yes

Do I need prior experience?

No



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Will I get a certificate?

Yes

Is the course accredited?

Yes, its accredited by the **Institute of Outdoor Learning** . They are the professional body for individuals and organisations using activities and experiences in the outdoors for learning, increased health and wellbeing and environmental awareness.

Where?

We always use scenic woodland sites that are never more than a few minutes walk from the carpark. There are a lot of these in Scotland and we'll find one near you.

What should I bring?

I'll bring all the equipment and consumables but I always reccomend stout, outdoor type footwear, seasonally appropriate clothing, a waterproof jacket, a packed lunch and a cup.



About me

My name is Tom and I'm a Life Coach and Bushcraft Instructor.

I've spent the last 20 odd years of my life working with groups and individuals who are all either facing significant challenges in their lives or wanting to make some significant changes.

I've helped them clarify the vision, find the confidence, form the habits and live life on their terms.

I have an ICF accredited Diploma in Transformational Life Coaching, an Honours degree in Psychology and I'm also a qualified Bushcraft Instructor.

I don't use social media. If you want to get in touch my contact details are below. Email works and so does a plain old phone call. No obligation, no hard sell.

Visit my website www.tomgoldlifecoach.com

