

INTRODUCTION TO **7 WAYS**

NHS STAFF WELLBEING PROGRAMME



THE TREELINE

What is the 7 Ways Programme?

It's a short half day session put together to help people who work in the NHS maintain a good baseline of mental health through the working day/ week AND still have the mental energy to show up brilliantly for family, loved ones and friends. Its about being able to be productive at work and home.

How?

By using something we are blessed with in Scotland - the outdoors.

You'll learn how to use it in short doses to quickly restore and enhance your mental health.

You'll also learn a few old school techniques that will enable you to make the outdoors comfortable and fun for yourself and your most important people.

Why?

Here are three scientifically proven facts:

Being in nature decreases your stress levels.

Getting outdoors improves your mood.

Spending time outside improves your memory and attention span.



What happens?

The sessions run from 1 30 to 4 30. We always light a fire and make tea and coffee over it. If it rains we put up big rain canopies in the trees to keep us dry.

You'll learn how to light a fire and use an axe but there's no pressure to do this. We often cook something tasty; cake, bread, soup etc. In between doing the above we examine various simple but highly effective ways to hit our 'mental reset button'.

We'll also get to just talk, sitting round the fire, the same way humans have since they invented it.

Is it tree hugging?

No, you won't be asked to hug the trees or the person next to you. Neither will you be asked to walk on fire, swing on ropes or crawl through the mud.

Where?

A scenic bit of woodland never more than a few minutes walk from the car park

Do I have to talk about myself?

No you don't. It's absolutely fine if you just want to sit and listen. If you do want to share something you will be listened to with consideration and without any kind of judgement.



How much does it cost?

£350.00 per group with a maximum group size of 14

What have people said?

The relaxed manner/structure of this session was good as I felt that it was a way it ensured that people were recognised as people not titles or staff grade.

It was a good way to be able to feel connected to nature and other team members.

Permission to breathe out and vent in a safe space

Liked not having to do introductions. Ideas for mind tools useful.

I think it was really helpful to get away from our habitual meeting mode of everyone introducing themselves. It's particularly important to shake up the hierarchical culture of the NHS which can block real human communication.

Very therapeutic watching the fire / waiting for kettle to boil.

Sitting round the fire made it easier for people to relax and open up about their experiences during lockdown etc.

It was lovely to see people just open up and chat about their experiences of lockdown without any particular prompting to do so, and no pressure to join in if they chose just to listen.

I learned how to chop wood and make a fire.

Apart from the fire building skills, I learned that it's ok to give yourself permission to spend time outside in order to re-charge.

Yesterday was a very much needed lifestyle stock take.

It was a very special and powerful afternoon's event and I certainly felt the benefit of it. The simplicity of it all struck me the most.

A lot of my team are interested if there was to be any more sessions. Please thank Tom, I would highly recommend.

Honestly, a fantastic afternoon and one to take forward.

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

