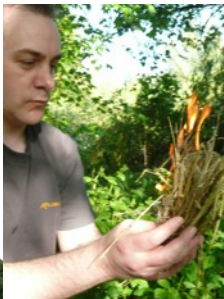


Outdoor Nature-based Therapy and Coaching

A natural and effective solution to many emotional and behavioural problems

Our time spent outside, surrounded by nature, is estimated at only 1% - 5%. As a modern society we have become increasingly disconnected from the natural world.

Research has shown that many very common conditions such as anxiety, confidence, depression, stress and addictions have improved simply by spending time connecting with nature. Anyone who has ever enjoyed spending time in the natural environment will already instinctively know this to be true.



Ecotherapy deliberately encourages our instinctive deep connection with nature, and then utilises that relationship for personal development purposes.

Ecotherapy draws its ideas from many different practices, both ancient and modern, including psychotherapy, counselling, nature-awareness, meditation, shamanism, and bushcraft.

Nigel Magowan provides high quality outdoor nature-based therapy and coaching for private individuals, organisations and corporate groups, in the form of one-to-one sessions, regular group sessions, workshops, retreats, and bespoke events.

For further information call Nigel on 0161 881 4333

Or visit www.ecotherapy.eu

Ecotherapy, Integrative Psychotherapy, Counselling, NLP, Life Coaching, Stress Management & Advanced Hypnotherapy

Special offer: Mention this flyer when booking to receive a discount.



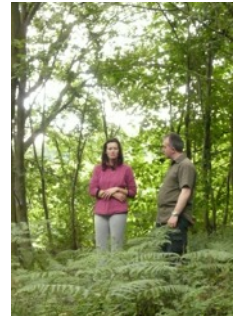
Ecotherapy consists of a variety of fun, enlightening and sometimes challenging nature-based outdoor activities, sensory awareness exercises, guided meditation, solo reflection time, and group discussion. These are used as tools for raising your level of awareness of both limiting patterns of thought and positive resources by drawing your attention to your relationship with yourself, others and the natural environment.

Ecotherapy is often focused on experiential learning. Participants learn through engagement and immersing themselves in the environment and activities, as well as by talking about and sharing their insights and experiences.

Nature based therapy and coaching can help with many emotional and behavioural issues. Almost anything you would consider visiting a counsellor, psychotherapist or life coach for would be suitable. It can also be successfully used in conjunction with more traditional indoor-based therapies.

Just a few of the issues that may benefit:

- | | | |
|--------------------------|-----------------------------------|------------------|
| Anxieties / Fears | Depression | Addictions |
| Confidence | Self Belief | Motivation |
| Long term chronic issues | Feeling stuck / Lack of direction | Trust issues |
| Anger | Creativity | Self Development |
| Burnout | Relationship issues | Team Building |
| And more... | | |



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Or visit www.ecotherapy.eu



Nigel Magowan is a well regarded and experienced Solution-Focused Integrative Psychotherapist. In his nature-based therapy and coaching, he integrates his psychotherapy skills with ecotherapy, life coaching, NLP, and advanced hypnotherapy. He draws his ideas, approaches and techniques from a wide variety of sources such as Meditation, Nature-Awareness, Bushcraft, Tracking, Aikido, Mindfulness, and Shamanism. Since 2002 he has run his own busy full-time private therapy practice in Chorlton, South Manchester. He combines all his skills and experience to produce a solution that is tailored to your unique personal needs. All treatment is carried out in a highly constructive, relaxed, supportive and non-judgemental environment.