

Walking with Nature

Step away from the noise and into the nurturing embrace of nature.

Join me for transformative 121 coaching sessions that take place not in an office, but under the open sky, among trees, birdsong, and fresh air.



Reconnect & Reflect

Whether you're seeking clarity, balance, or a new direction, walking side-by-side in nature offers a gentle yet powerful space for growth.

**Your truth. Your pace.
Your path.**





Inspired by the healing principles of forest therapy, these sessions blend mindful movement, deep listening, and personalised coaching to help you:

- Reconnect with your inner wisdom and intuition
- Gain fresh perspective on life's challenges
- Cultivate calm, confidence, and clarity
- Feel grounded and aligned



No hiking boots required— just a willingness to slow down and be present

📍 Locations: Beautiful natural spots near you

🕊 Sessions tailored to your pace and goals

🌱 Ideal for individuals navigating change, stress, or seeking personal growth

Book your first walk today and take the first step toward a more grounded you.



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