

BECOMING AN ADAPTABLE OUTDOOR WELL-BEING LEADER



Inspired by the adaptability of community garden leaders in America and helping Tara Crank run an outdoor well-being session at Cynefin.



My aim is to develop adaptability as a leader to facilitate meaningful outdoor adventure experiences for vulnerable individuals.

Important in the well-being sector to be flexible to adjust sessions according to the activity, environment and participant needs.

2024

Volunteering

Work experience starting in January with Coed Lleol.

Observe at least 3 different leaders to learn from their different approaches in well-being sessions and see what works best to shape my own leadership style and understanding of the importance of adaptability.

Feedback from leaders and participants as to what was effective about the leadership within the sessions.



2025

Qualification

The Well-being in Nature Practitioner qualification would improve my understanding of the variables to consider when choosing how to lead a session.

Work towards the Lowland Leader NGB Award to gain the skills needed to make decisions safely leading group well-being walks.

Develop bush-craft, foraging and woodworking skills in my own time.



2026

Sector Experience

Gain experience through employment within an outdoor well-being organisation.

Develop 'soft' skills of communication, empathy and trust to be able to lead in a way which maintains participant motivation and self-determination.

Learn to tailor sessions through leadership style, choice of activity and risk level to gain the most meaningful experiences for participants.



Ongoing

Professional Reflection

Keep notes/reflections of sessions when leadership adaptations aided participant progress and when they didn't.

Keep up to date with research developments regarding leadership within the well-being field as it is evolving.

Network with other practitioners to discuss ideas and leadership methods to expand my knowledge.



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