



Out in the Field Nature Retreats for NHS staff

Jen Morgan





The Quadrangle

Out
In The
Field



The space and the place





Nature connectedness





Mind-body practice

West

Relaxation

Phenomenology:
The beginners mind

Positive
Psychology



Sophrology

Simple exercises for daily life

**State of balance and inner harmony no
matter what is going on 'out there'**

East

Yoga

Mindfulness

Meditation



Nutrition





Group reflection





The impact of the retreats

Directly afterwards

95% clearer about how to support their wellbeing

100% would recommend

After 3 months:

88% spent more time in nature

78% practised mind-body exercises since the retreat

64% positively changed eating habits

87% felt their relationships with colleagues were more positive

77% felt more positive about their work in general

72% felt more empowered to shape their work environment





The impact of the retreats

Thank you for your interest!

