



CASE STUDY: CORE WOMAN

NATURE-BASED WELLBEING MODULE

Client: CORE Woman Leadership & Wellbeing Programme (Delivered in partnership with Clare Bell, CORE Woman Founder)

Format: One full-day woodland session concluding a four-module programme (delivered repeatedly across CORE cohorts)

Type of work: Nature-based experiential wellbeing module within a multi-session leadership and personal development programme

Duration: One full day per cohort (ongoing partnership)

CONTEXT

CORE Woman is a four-part leadership and wellbeing programme designed to explore how thoughts, emotions and behaviour shape confidence, communication and impact.

The programme moves through four connected modules:

- **Head** - the impact of positive and negative self-talk
- **Heart** - emotional intelligence and emotional management
- **Voice** - influence, assertiveness and authenticity
- **Body** - wellbeing, mindfulness, motivation and regulation

The woodland day intentionally closes the programme. By this point, participants have:

- built trust with one another
- explored personal patterns of thinking and emotion
- developed awareness of how internal narratives affect behaviour
- reached a stage where experiential learning has maximum impact.

The final Body module is designed to pull the programme together, translating insight into lived, embodied experience. This is where Calm in the Wild supports CORE Woman.

As Clare explains, the woodland session must come last:

"You couldn't run this session earlier.

It works because they trust each other by now - and they finally understand why the wellbeing piece matters.

This is the moment the programme clicks."



All activities are:

- neuroinclusive
- choice-based and gently supported
- accessible and non-performative
- designed to help learning "land in the body"



Participants consistently note the balance between evidence-based practice and approachability:

"I liked that the things we covered in the Forest Day - about nature-based wellbeing and being out in the trees - were all based in science and fact."

WHAT WE DELIVERED

The CORE woodland module is a fully immersive, nature-based wellbeing day designed to integrate the whole programme through experience rather than theory.

1. Grounding and Regulation

- breathing and nervous-system regulation practices
- sensory grounding techniques
- gentle visualisation
- therapeutic strategies for managing overwhelm

2. Nature-Based Connection

- slow, mindful walking
- sit-spot/silvotherapy-style invitations
- forest-floor noticing exercises
- guided reflective prompts

3. Creative & Collaborative Activities

- natural crafting (mandalas, woven forms, sculptural works)
- collaborative problem solving tasks.
- outdoor challenges that surface real communication patterns.

4. Campfire Pause

- a simple meal prepared over the fire and shared
- space for rest, conversation and reflection
- time to integrate learning informally

IMPACT

Across cohorts, participants consistently describe the woodland day as *the most impactful element of the programme*.

Clare reflects: "For every programme, delegates say they enjoyed the forest day the most - learning how to be still in nature and understanding the benefits to wellbeing of being in the woods."

Emotional Shifts

- calmer
- more grounded
- lighter and more centred
- able to pause and reset

"The forest day was my favourite element - just laughing with other women, talking and supporting each other."

"The forest day was fantastic - it really pulled together the learning and enhanced my confidence and wellbeing."

Behavioural & Relational Shifts

- increased confidence and self-awareness
- more natural collaboration
- reduced self-consciousness in group settings.

Cognitive Shifts

- deeper understanding of personal patterns
- clearer insight into behaviour under pressure
- learning that feels memorable and usable

"The forest experience had a positive impact upon my confidence, self-awareness and wellbeing. I really enjoyed the collaboration."

WHY THE WOODLAND DAY WORKS

- Experiential learning is remembered long after classroom content.
- Nature reduces stress, enabling deeper reflection and openness.
- The outdoor setting creates safe, low-stakes challenge.
- Participants practise regulation, communication and trust in real time.
- The day bridges leadership theory with embodied wellbeing.

As Clare summarises:

"The woodland session is consistently the most impactful part of the programme. It brings everything together - mentally, emotionally and physically - in a way no classroom ever could."