



Calm in the Wild CIC

Workplace Wellbeing

Nature-based support for your team

Who It's For

Is your team stretched thin?

Are staff calling in sick more often, struggling with change, or quietly burning out?

These sessions are for organisations who want to support their people with something that actually works, not just another mindfulness app that nobody uses.

Whether your team is navigating restructure, hybrid working challenges, or just the daily grind of being permanently "on", these sessions give them space to reset.

Nature-based. Neuroinclusive. Evidence-backed. Real impact.

Why this works

Generic wellness programmes fail because stressed brains can't engage with them.

Time in nature helps regulate our nervous system automatically - no apps, no homework, no "doing it right".

Add neuroinclusive design (works for all brains, not just for some) and human connection, and you get something that actually changes how people feel.

Not because it's trendy. Because it's evidence-based.

Organisations often notice improved communication, clearer thinking and reduced stress after sessions.

What We Offer

Mindful Woodland Walk

- A slow, grounding walk with mindful prompts, space for quiet, and seasonal noticing.
- 90 minutes
- Up to 12 participants
- From £400

Woodland Wellbeing Session

- A blend of breathwork, nature connection, creative activity, and space to just be.
- Campfire snack included
- 2 hours
- Up to 10 participants
- From £500

Woodland Wellbeing Day

- Both the mindful walk and the wellbeing session.
- Campfire-cooked lunch included
- 5 hours
- 8-10 participants
- From £800

About Me

I'm Candice Bell, founder of Calm in the Wild CIC

25+ years' experience in education and outdoor wellbeing. Qualified Forest School Leader & Therapeutic Outdoor Practitioner. AuDHD - lived experience informs neuroinclusive practice.

Where We Meet

Sessions are delivered at a suitable outdoor space near your team. This could include local woodland, a park, or your own site grounds, or an established nature venue.

We'll work together to find the right location.

Let's talk

Interested in bringing this to your team?

I'd love to discuss which format would work best for your organisation and answer any questions you have.

Sessions can be adapted to suit accessibility needs, mobility levels, and organisational goals



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Candice Bell | Calm in the Wild CIC

