

CASE STUDY

Leadership Coaching in Motion Finding Perspective Outdoors

Client: Educational Leader

Focus: To gain confidence and regain perspective.
To revive energy, focus and clarity on challenges with long-term vision

Setting: Outdoor Coaching

The Challenge

Leadership in education demands resilience, clarity and vision; qualities that can easily become clouded by the constant pace of change. Many senior leaders find little time to pause, reflect, or reconnect with the purpose that drives their work.

This case study captures how taking coaching outdoors helped one educational leader regain perspective, confidence, and renewed energy for their many challenges.

The Approach

Stepping outdoors for a coaching session created an immediate shift in mindset. Away from the pressures of screens and meetings, the natural environment offered stillness, movement and perspective.

Among autumn's vibrant colours and the quiet strength of historic buildings, conversation flowed naturally. The changing landscape became a mirror for leadership itself, a reminder that seasons change, renewal is constant and growth often requires letting go.

Even the unexpected moments, like encountering a few runaway pigs along our path, offered rich metaphors for the unpredictability of leadership and how simply terrifying a pig can be when it charges at you!

Fresh air and laughter brought lightness to weighty reflections, helping ideas and insights emerge more freely.



Outcomes and Impact

As the session unfolded, themes of clarity, renewal and alignment, came to the surface.

Outdoor coaching provided a rare space to pause and breathe. The open environment allowed the client to reconnect with what mattered most, their values, purpose, and long-term vision for their school community.

The gentle accountability that followed encouraged ongoing reflection without pressure. This approach reinforced the idea that sustainable leadership development comes from awareness and self-compassion, not urgency.

Impact

The client described feeling more connected with their direction. The experience rekindled their passion for educational leadership and helped them see the bigger picture, beyond immediate demands.

"The walk reminded me that leadership isn't about reacting to change, but embracing it. The quiet moments gave me space to think clearly and that clarity has already influenced how I lead my team."

Reflection

Outdoor coaching in education offers more than just a change of scene, it provides a change of state. It helps leaders reconnect with themselves, their context and the communities they serve.

Leadership is not a straight path. It's a journey through seasons, of letting go, rebuilding and rediscovering purpose. Sometimes the best step forward begins with simply stepping outside.

If you're leading through change and need space to think clearly, let's talk.

  07970 660517 • hello@plainthinking.co.uk • plainthinking.co.uk

Leading the way to success