

CASE STUDY

Outdoor coaching for leadership reflection and personal clarity

Client: SENIOR LEADER IN EDUCATION

Focus: Leadership clarity, alignment with values, work-life balance

Setting: Blended coaching sessions, including outdoor coaching

The Challenge

This client came to coaching at a crossroads, navigating high-stakes professional responsibilities while also seeking a more values-aligned, sustainable way of leading. The pressure to be “on” all of the time had created a disconnect between their leadership role and personal wellbeing.

They were looking for space:

- To step back and reflect
- To reconnect with their purpose
- To manage both professional growth and personal resilience

The Approach

Our coaching journey included several outdoor sessions during the winter months. These weren't just walks, they became moments of grounded reflection.

Nature provided the perfect metaphor:

Winter as a season for pause, rest and realignment.

The slower pace encouraging deeper thought.

Space to breathe — both literally and professionally.

Through reflective dialogue, values-based coaching tools and gentle challenge, the client gained:

- Clarity on personal and professional priorities
- Strategies for more mindful leadership
- Reconnection to what drives them, not just what demands them

The Impact

This coaching didn't just sharpen leadership skills, it nurtured balance. The outdoor sessions allowed the client to think more clearly, speak more openly, and prepare with intention for the “spring” ahead.



Client Feedback:

Senior leader in education

“The coaching sessions gave me space to reflect deeply on both my professional and personal practices. George helped me align my goals with my values, gain clarity, and lead more mindfully. I can't recommend this work highly enough — it's made a meaningful difference across all areas of my life.”

Over a focused period of coaching, I supported this leader to:

- Step back from daily demands
- Reconnect with core values and long-term goals
- Use outdoor coaching to reflect and reset
- Build leadership confidence through quiet, structured thinking

Sometimes the best leadership decisions happen outdoors, in winter stillness, preparing for spring renewal.

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