



Explore & Walk

MOR TAWEL
CONSULTANCY LTD

By using Movement, Mindfulness and Outdoor Space

Why will Explore and Walk help? We use wide ranging research and practical experiences to help live the benefits of using movement, outdoor space and mindfulness to support people to be as well as possible and to "do things better". Since 2012, we have successfully facilitated for close to 1,000 participants regular sessions to help individuals and teams to deal with issues of stress, burnout, workplace toxicity and to help people to find ways of being their best as much as possible.

We have built on peer evaluated research and neuroscience and psychology to help people to safely be with other people so that they can:

- ✓ pause, breathe and re-centre away from the day to day distractions of life
- ✓ be more connected with themselves, with other people and with nature
- ✓ challenge themselves and get comfortable with feeling uncomfortable
- ✓ improve their adaptability and resilience
- ✓ build trusting relationships to develop their peer coaching abilities

What are the pillars of Explore and Walk?

Movement leads to our brains producing a number of chemicals and proteins including endorphins and BDNF proteins. Walking in someone else's shoes helps us live genuine diversity by feeling other's perspectives. Movement disperses toxins which build through anxiety: it helps our physical and mental health and develops our IQ and EQ.

Mindfulness helps us to deliberately pay attention to something and create greater acceptance of our world "as it is". It creates space to break the "vicious neural cycle". Pausing stops the damage and helps us to create new helpful and healthy neural pathways increasing our brain plasticity.

Outdoor space and nature Being in nature helps us to be more energised. Time in nature helps us to build our physical and mental health and resilience. Even small doses of daily time outdoors helps us. When we are outdoors, we are significantly more like to connect with and be more empathetic to ourselves, others and our situations/ environments. Being outdoors helps us to care better!

How can we support you? We are adaptable to suit you. We have 3 main offers which can be used by Organisations and Systems and we run "open" events as well.

- 1) A **2-4 day fully immersive residential time** together. We use venues which allow us to move in nature as much as possible. We share the evidence and put these into practice including. We develop peer coaching and developing listening/noticing skills, this therapeutic environment provides a safe place for people to explore, self-challenge and make commitments.
- 2) As above but for a single **full day**. We create safe learning space and encourage commitment to action.
- 3) Taster **Part Day** workshop sharing evidence and practicing the approaches

Find out more at
www.mortawel.co.uk

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