

5 Destinations Coaching

Purposeful thinking in the Natural Environment –
5 Question Destination Walk

This is a SILENT reflection for the coachee, and any discussion is guided by the coach

Destination 1

Coachee: scans environment to find a place in the distance they would like to walk to

Coach: **Q1** *“Think of an issue / challenge you would like to have time to think about in detail”*

They start to walk together toward coachee’s destination.

Coachee: sets the pace, can stop if they want to. THERE IS NO SPEAKING this is internal thinking.

Coach: matches them in terms of speed, body language etc OR coach can meet coachee at their destination

Destination 2

Coach asks: *“What came up you during that walk?”* Have a discussion.

Next coach asks: **Q2** *“What do you already know that can help you with this issue/ challenge/ priority?”*

Coachee: looks around for another destination.

They start to walk together toward coachees destination a/a

Destination 3

On arrival, coach asks: *“What were your thoughts?”* Have a discussion.

Coach also asks: *How was the physical walk itself compared to the first? Speed, focus, what did you notice around you, how did you feel?*

Coach asks: **Q3** *“What do I need to change in order to arrive where I need to be in relation to my issue/ challenge?”*

Coachee: looks around for another destination.

They start to walk together toward coachees destination as above.

Destination 4

On arrival, coach: *"How is your thinking developing?" Have a discussion.*

Coach explains: (Not a question as such but an invitation to let nature be a teacher):

Q4 *"This time I want you to wander without a destination – really tuning into the environment heightening your observation skills. Go wherever your attention takes you. Try to put the thinking about the to one side and be present to the environment and nature as your teacher".*

Tell them "When you are ready to stop come to a halt."

Destination 5

When stops, coach says: *"Now, be aware of your breathing, what do you see hear feel. Be fully present to yourself. Is there anything you'd like to share?"*

Coach finally asks final Question to reflect on:

Q5 *What is emerging in this walk? This may or may not have something directly to do with the issue you have been thinking about.*

Coach and coachee head back to your start point.

Start Point

Coach and Coachee Debrief the question and any other observations re the exercise. Be curious and open minded.

NOW SWAP

What If

- You used the models and techniques you have discovered on the programme to work with coachees in the outdoors? Be as creative and responsive to what nature gives you in the moment.
- You used the outdoors to work with metaphor and the subconscious brain?
- You used the outdoors for mindfulness?