With

Walking For Thinking, from 'The Creativity Factor', Garry Pratt (2022)

"In 2020, Sara Cook and Christian van Nieuwerburgh ran a pilot project to explore the benefits, often verbalised, that professional coaches experienced with clients in outdoor sessions. These included observations that clients tended to* ***talk more freely, having greater insight, clarity and understanding.***

They found that, for most, the experience was less intense than traditional meeting environments, and there was a greater sense of quality. Reflecting on these reported personal experiences, I certainly find that the inherent and imagined hierarchies of team structures tend to break down when in the outdoors."

Sara Cook and Christian van Nieuwerburgh organise their findings into four key themes.

1. Openness to Experience. The word repeated by most respondents was ***'creativity'***

e.g 'Walking in the outdoors there is an implicit ***spontaneity*** and ***freedom*** to that...'

2. Awareness of Body and Mind. Participants reported increased ***awareness of their senses***, and felt more **'present'**.

e.g. 'It gives a sense of freedom and no boundaries.'

3. Love of the Outdoors. The simple experience of being outdoors was powerful for many participants.

e.g. 'Being out in the fresh air made me more able to organise my thoughts and vocalise my feelings

4. Being side by side. The enhanced sense of equality by physically walking side by side has a noticeable affect on the positive outcomes of the participants' experiences.

*Cook, S., & van Nieuwerburgh, C. (2020). The experience of coaching whilst walking: A pilot study. Published in The Coaching Psychologist, Volume 16, Issue 2, pages 46–57

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