



Brochure

Alive Eco-Journeys sees a problem. Isolation, disconnect and numbness is corrosively creeping into our personal lives, families and that of our teams. We want to help by both advocating for and teaching robust mental health skills, a deeper understanding of nature connection, and the rekindling of kind communities.

How do we do this? We create transformative nature-based experiences designed to reconnect individuals, groups, and teams with themselves, others, and the natural world. Our curated therapeutic adventures go beyond simply being outdoors, they guide individuals and teams to gain meaningful insights that can deeply impact everyday life.

Grounded in the practices and wisdom of Eco-Psychology and informed by over 20 years of experience working with groups and teams in mental health, every Eco-Journey is unique, combining exploration, learning, skill-building, and fun. We believe in the power of inclusivity, diversity, kindness, and community, and we integrate best mental health practices alongside a deep commitment to conservation.

At Alive Eco-Journeys, we aim to raise awareness about our profound connection to nature and encourage personal growth through this awareness. Whether in an urban park, a rugged mountain, a calming forest, the open ocean, or the vibrant bush, each Eco-Journey is customizable to your needs ranging from a few hours to a week-long adventure. We collaborate with seasoned experts, naturalists, and adventurers who live and breathe nature exploration to ensure every experience is both enriching and empowering.



Penni Cox

Founder and Lead Psychologist

MPsych Cum Laude (NMMU)

BPsych (Stellenbosch)

Former UN Staff Counsellor

Keynote Speaker

"I am glad I was able to participate... such a beautiful thing to combine psychology with nature!"
Ariisa, Eco-Journeys

- 🌿 Counselling Psychologist (HPCSA Registered 2006)
- 🌿 Dialectical Behaviour Therapy Practitioner (SA DBT Institute)
- 🌿 Advanced Eco-Psychology Certified (Pacifica Institute)
- 🌿 Ecotherapy Nature Connection Practitioner (Zen Guiding)
- 🌿 Brain Wiring Recursive Technique Practitioner (BWRT Institute)
- 🌿 Applied Suicide Intervention Skills Training Certified (Livingworks)
- 🌿 Former UN Staff Counsellor (United Nations)
- 🌿 Trained Medics Sans Frontiers Mental Health Advisor (MSF-OCB)
- 🌿 Ted X Speaker: "Be curious, be connected" (Cape Town Ted-X)
- 🌿 Current Keynote: "Wild by Design"

"A truly nourishing experience for body and soul where you are given all the permission you need to lose yourself and find yourself in nature. Recommended!"

Adam Storey
Chartered Psychologist



Alive Eco-Journeys for Teams

Do you have a specific dynamic that you want to work on in your team? Is there a particular soft skill that you want your team to learn? Or do you have a wellbeing/ team-building component to your annual team retreat? Often to meet these needs powerpoints and interactive games are used inside a conference room.

Contact Alive Eco-Journeys to curate an outdoors experience that will reach the same objectives with the added benefits of time in nature. The duration of an Eco-Journey can be 2 hours for stress management and mindfulness skills for teams, to a few days, to achieve the practical skills and outcomes that you desire. Teams of all sizes are welcome to enquire - together we can find a natural space for your team to meet, or AEJ will come to you if you are already meeting at a venue with appropriate outdoors spaces.

Examples of desired outcomes may be improved team communication, team work-life harmony, team stress management, or team culture to name a few.

AEJ considers an Eco-Journey successful only when the team demonstrates the desired changes in their daily operations. We would like to collaborate with you to develop additional implementation strategies and provide online support to help integrate the insights gained from the Eco-Journey into your office culture. This support is optional; however, if the team is interested, AEJ is willing to offer follow-up online check-ins for a season to ensure that the shifts from the Eco-Journey are effectively integrated and implemented.

Penni has worked with teams in the UN and elsewhere for many years but has now chosen to forgo technology and the indoors as the primary mediums in favor of embracing our beautiful natural surroundings. Be warned though that this shift brings “side-effects” of natural body regulation, increased desire to engage in meaningful reflection and connection, and tangible inspiration to make lifestyle changes!

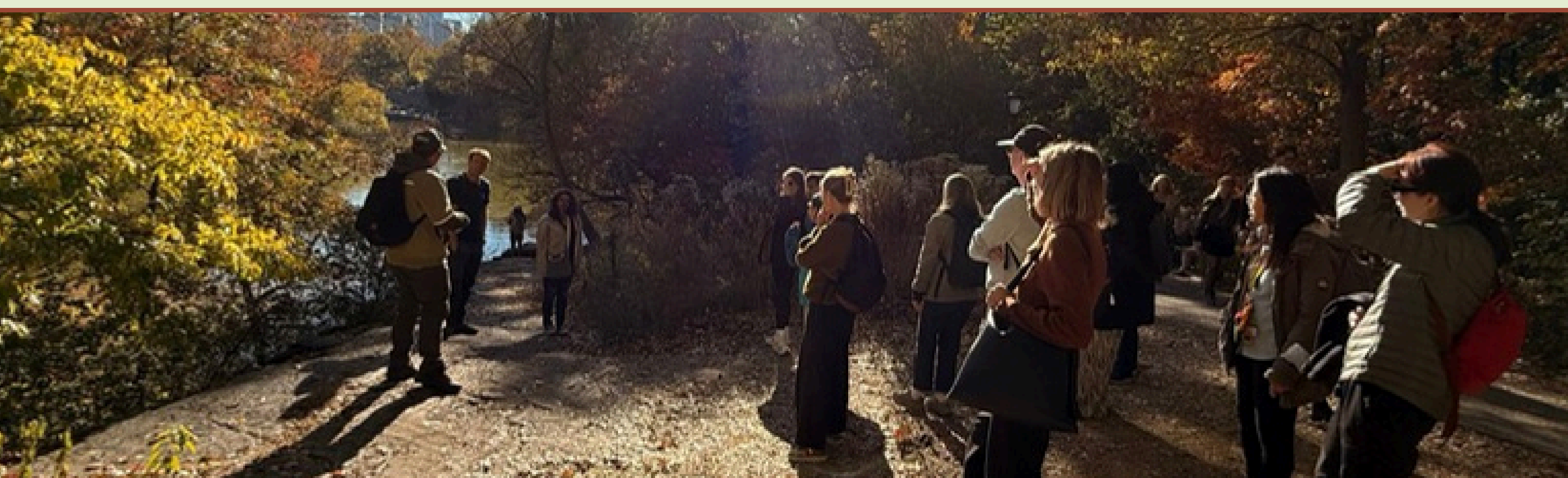


Alive Eco-Journeys for Teams



Steps to take

- 🍃 Book an initial discussion to meet and discuss the needs of your team
- 🍃 *(Optional Step)* Set up a 45 minute skills development session online (or in person) for a reduced rate so that the facilitator can meet the team, and so that the team can get a sense of AEJ.
- 🍃 Receive an initial concept proposal with costings presented, to be reviewed and signed off
- 🍃 Make deposit to set designing and logistical planning of Eco-Journey program in motion
- 🍃 Propose a focal person from your team to work with AEJ in the design of the day (to answer questions, give team orientating input, and if necessary to help distribute a brief info gathering questionnaire for team members to complete)
- 🍃 Receive a detailed plan of your Alive Eco-Journey
- 🍃 Sign off design and confirm logistics
- 🍃 Make final payment prior to Alive Eco-Journey experience
- 🍃 Go on Alive Eco-Journey Team Experience
- 🍃 *(Optional Step)* Set-up further strategy development and monthly team check-ins to continue engagement around the AEJ learning and shifts



Alive Eco-Journeys for Individuals



Whether in the ocean, a cave, an urban garden or mountain, Alive Eco-Journeys of all sorts will regularly be advertised for individuals to sign-up. Watch out for one to pop up in a province in South Africa or abroad.

An Alive Eco-Journey may be themed such as burnout recovery, working on our biases and perspectives, or open for each Eco-Journeyer to set an individual intention for their adventure. Alive Eco-Journeys loves community, and so even though we go on our own internal journey we do it in the company and safe support of others (like life!).

Depending on the experience a group of adventurers can range from 5 - 15 people.

Steps to take:

- 🍃 Sign up for newsletter, stay tuned on social media or website for experiences to be advertised
- 🍃 Put your name on the waiting list of an event
- 🍃 We will set up a quick call to see if it's a good fit
- 🍃 Pay to secure your place, when the event is finalized
- 🍃 Join on your adventure with us
- 🍃 Stay plugged into the AEJ community on our platforms



**Alive Eco-Journeys looks forward to
collaborations with the following groups
and beyond!!**

Buccara

Eastern Cape, Western Cape, Limpopo

Belle Balance

Western Cape

Wyndford Family Farm

Eastern Freestate

Into the Berg

Kwazulu Natal

Cardiff Hill Lane Garden

Gauteng

The Wilds Nature Reserve

Gauteng

Indwe Park

Gauteng

Daba Dione
UN Staff Counsellor

“I had the opportunity to do an Eco-Journey and it was a wonderful day. I was curious to find out what it was all about and it was a revelation.

AEJ knew how to make this a truly unique and authentic moment. The program was fluid and I really enjoyed it.

It was a real breath of fresh air in every sense of the word to have had the chance to do this Eco-Journey. It's a real change from other wellness programs and this one means that no matter where we are in our wellness quest, the Eco-Journey can start us on an interesting path in itself while bringing a moment of serenity.”

Courtney
Registered Psychotherapist and
UNICEF Regional Staff Counsellor

“I wholeheartedly recommend Alive Eco-Journeys for anyone seeking an unforgettable experience of reflection, discovery, and adventure.

The curated journeys are a perfect balance of fun and healing, offering an opportunity to reconnect with yourself, others and nature.

The facilitator’s thoughtful attention to every detail creates an incredibly safe and supportive environment, making it an ideal choice for teams looking to strengthen connections and foster collaboration. Truly a transformative experience! “

Aidan
UNICEF New York HQ

“I had a wonderful experience with AEJ walking around Central Park and connecting with other work colleagues and nature.

You are immediately put at ease and helped not only to have fun but also to reflect on the most important things in life as well as finding ways to help reconnect with nature.

I am sure with Penni’s skills and kindness that Alive Eco-Journeys will be hugely satisfying for all who participate”

Ruan Boshoff
UNICEF Regional Staff Counsellor

“The Alive Eco Journey in Puglia was a rejuvenating experience that beautifully combined mindfulness, connection, and nature.

As part of a day with UNICEF staff counsellors, we enjoyed mindful hiking, olive oil tasting, and a memorable sound bathing session.

The experience was a perfect balance of introspection and shared moments, and included a delightful lunch that brought everyone together.

It was a meaningful day of self-care, reflection, and team connection in a stunning environment. “


If you're curious about how an Alive Eco-Journey could benefit your team or personal well-being, we would love to connect and discuss the possibilities. Keep an eye out for upcoming experiences both in South Africa and abroad, and we look forward to our paths crossing as we find ourselves outdoors.




“Tell me, what is it that you plan to do with your one wild and precious life?”

Mary Oliver

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 [Let's connect on LinkedIn!](#)

 www.AliveEcoJourneys.com

Scan QR code to receive nature connection tips and updates on upcoming Alive Eco-Journeys

