



BEHAVIOR CHANGE IN THE NATURAL WORLD: DISCOVERING HIGHER WILL THROUGH NATURE

Instructional Time: 1 Hour

Format: Lecture with practical skills exercise

Access: Register [here](#)

Upcoming trainings: offered on the **first Friday of every month at 9 am pacific/12 eastern.**

2026: June 5, July 3, August 7, September 4, October 2, November 6, December 4

Objectives:

Upon completion of this training, coaches will be confident in:

1. Incorporating the "walk and talk" in their coaching practice
2. Tuning to the wisdom of the natural environment during coaching sessions

NBHC content application:

1. Compare and contrast complex and simple approaches 1.1.1
2. Techniques for cultivating simplicity 1.4.2; 3.1.8; 5.2.3; 5.2.3
3. Wisdom from people who embodied simplicity in the natural world 3.5.1
4. Practical application exercise 3.2.1.2; 5.2.3; 5.2.3
5. Exploring case studies 2.3.1