

90 Minute Leadership



OD recognise the challenges our leaders have in managing time constraints and setting aside time for development activities. Short, intensive development sessions can be a useful way of learning. Rather than spending a full day covering a relatively wide range of topics, our "90 Minute" leadership sessions will focus on specific topics, concentrating on key issues rather than the broader picture. The next session is:



"The Importance of Nature in Today's World"

As human beings we have an archaic connection to nature. To quote Clemens G Arvey, author of The Biophilia Effect: "Homo Sapiens evolved over millions of years from nature, in nature and with nature. We didn't evolve among cement and built up cities; we evolved in natural habitats – where there were animals, meadows, mountains, lakes. And our 'old brain areas' love these habitats. Our evolutionary home is nature. We are interconnected with nature"

There are scientific reasons why we love nature, why we need nature, why being in nature is so fundamental to us as a species. Nature gives us experiences which can comfort us, reduce our stress, take us out of ourselves, inspire us creatively, and sometimes fill us with complete awe. Whilst in nature troubling thoughts can disappear, feeling of happiness may surface and problems move backstage. Our brain can then become free to work on something that is bothering us – ie how to deal with inner conflict in a constructive way. And luckily we don't have to be immersed in an amazing natural environment in order to reap the benefits. Finding our own day to day ways of connecting with nature will still deliver many benefits (eg walking anywhere where we see trees, greenery, looking up at the sky, really seeing that pot plant on your desk!

Wendy will present ideas around nature-connection and how to incorporate it into our working lives as well as our downtime. Being conscious of the benefits of nature-connection can really enhance our self-care as organisational leaders, and leaders of teams; and this in turn can enable us to encourage those we lead (and indeed our patients) to do likewise.

There will be an opportunity for some break-out conversations and sharing, and questions in plenary. You will leave with practical ideas to boost your own nature-connection.

Speaker: Wendy Robinson, Principal Consultant, Taylor Clark Partnership

Date: Tuesday 31st January 2023

Time: 08:30am

Register for the session – <https://link.webropol.com/ep/onlineleadershipimportanceofnaturejanuary2023>