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## **PIVOTPoint WNC Nature-Connected Coaching Sessions**

We have long been incorporating the masterful framework of Nature-Connected Coaching provided by the Earth Based Institute of Boulder, CO into our in-person small group facilitation. Our telehealth offerings are informed by training intensives covering Gestalt Therapy principles, parts work, brain-based intervention principles, trauma and strong emotional reactivity trainings, grief and loss training, and more.

The very foundation of all of PIVOTPoint WNC's offerings are firmly grounded in three sacred questions which provide the framework for all of our client interactions:

- What are you noticing?
- What does that mean to you?
- What is that teaching you?

These three invitations bring the client and the guide into the same baseline experience for each of our online sessions. Through supportive and compassionate facilitation, participants can gain confidence and clarity on life patterns, how to navigate transitions and change, cultivate healthy mental and physical lifestyles, and so much more.

It is our belief and practice that connection is available at all times for each of us. And, most recently, we have witnessed the struggling of so many to strive for connection in a context that is not necessarily available to all of us right now.

PIVOTPoint WNC is here to assure you that the same experience of awe and wonder — of peace and calm — that you seek while out in nature, or close by your loved ones: it is right here with you, in this moment, and always has been. We are here to assure you that connection, profound resources, and strength are all within you, all the time. And we are here to help guide you back to that knowledge, back to that experience. We hope to see you soon.

**Please contact us with any questions you may have about the information contained herein.**

**PIVOTPoint WNC Nature-Connected Coaching Sessions are currently offered completely complimentary in order to best support you and your loved ones.**