**Fostering Lifelong Participation in Outdoor Adventure: Strategies Beyond the Initial Experience**

**Details**

This workshop will explore strategies to sustain engagement in outdoor activities after the initial experience. We will share ideas, challenges, and solutions through group discussion and develop actionable takeaways for promoting lifelong learning.

**Aimed at:**

* Entry level for those new to the field including students, trainees, apprentices
* Practitioner level for those with a good level of experience
* Senior level for managers, decision makers and strategic thinkers.

**Presenter**

**Claire Bryant**, The Outdoor Partnership

I have over 20 years of experience in delivering high-quality outdoor learning programs to diverse audiences. Currently, I serve as the Outdoor Activities Development Officer for the Outdoor Partnership in West Cumbria. In this role, I focus on encouraging local communities to engage in adventurous activities available in their own surroundings, fostering a deeper connection with the outdoors and promoting active lifestyles.

**Engaging Learners Through Outdoor Storytelling**

**Details**

This workshop will explore how storytelling in outdoor settings can enhance engagement, foster a deeper connection with nature, and promote interdisciplinary learning. Participants will experience hands-on activities to create and deliver their own outdoor stories, tailored to their audiences and settings. The workshop will include practical techniques, examples from diverse cultures, and strategies for integrating storytelling into outdoor learning experiences. Attendees will leave with actionable ideas and resources to implement storytelling in their own practice.

**Aimed at**

* Entry Level: Suitable for students, trainees, and apprentices seeking foundational skills in outdoor education.
* Practitioner Level: Ideal for experienced practitioners looking to diversify their approaches and integrate storytelling into their sessions.

**Presenter**

**Carol Murdoch,** Love Outdoor Learning

Carol Murdoch is the founder of Love Outdoor Learning, bringing nearly two decades of teaching experience across various educational settings, including primary, severe and complex schools, and ASD bases. An award-winning educator and author, Carol has pursued extensive training in outdoor learning, holding qualifications such as a Master's in Learning for Sustainability, Lead Teacher in Outdoor Learning, and Forest School Leader certification. She is dedicated to supporting schools by providing training, advice, and resources to help educators confidently deliver curriculum-based outdoor lessons.

**Linking Forest School to the Curriculum: Literacy, Maths, and Beyond**

**Details**

This interactive workshop demonstrates how Forest School principles can be integrated into the curriculum to enhance learning in literacy, maths, and other subjects. Participants will explore creative, hands-on activities that align with curricular goals while maintaining the ethos of Forest School. Practical examples will include storytelling, natural materials for mathematical exploration, and activities that build problem-solving and critical thinking skills. Attendees will leave with a toolkit of ideas and confidence to connect Forest School learning with classroom outcomes.

**Aimed at**

* **Entry Level:** Suitable for students, trainees, and apprentices eager to understand how Forest School aligns with curriculum delivery.
* **Practitioner Level:** Ideal for experienced practitioners seeking innovative approaches to connect outdoor learning with curriculum requirements.
* **Senior Level:** Beneficial for managers and decision-makers interested in embedding Forest School within whole-school strategies.

**Presenter**

**Carol Murdoch,** Love Outdoor Learning

Carol Murdoch is the founder of Love Outdoor Learning, bringing nearly two decades of teaching experience across various educational settings, including primary, severe and complex schools, and ASD bases. An award-winning educator and author, Carol has pursued extensive training in outdoor learning, holding qualifications such as a Master's in Learning for Sustainability, Lead Teacher in Outdoor Learning, and Forest School Leader certification. She is dedicated to supporting schools by providing training, advice, and resources to help educators confidently deliver curriculum-based outdoor lessons.

**Nordic walking for the fells**

**Details**

Many (most?) people use poles incorrectly - however poles used properly can make a huge difference to your efficiency, the longevity of your day and enhance your fitness for the fells. The Nordic Walking technique is an artform - the art of efficient movement and power whilst staying relaxed, with free and fluid movement over the ground with 4 legs.  This workshop will introduce the techniques, tools and tips to pass on to clients, helping to alleviate anxiety and enhance movement.

**Aimed at**

All levels

**Presenter**

**Nicky Merrett,** Hiking Highs

Nicky Merrett founded "Hiking Highs" and formerly "Nics Nordic Walks" in 2015, to deliver guided walking breaks, inspire folk in the Lake District Mountains and share her passion for hills.  Using poles in the fells and also teaching their magic is Nicky's passion, alongside Navigation, to those keen to develop their skills in the hills.
As an accomplished Nordic Walking Coach, accredited with [British Nordic Walking](https://britishnordicwalking.org.uk/), for hiking and distance events, Nicky has now taught over 1000 to use poles efficiently for the fells.  Nicky found her clients were keen to explore the higher fells, so took the next step to qualify as a Mountain Leader in 2018, and guides clients onto the fells on a regular basis alongside teaching beginners to advanced navigation through the NNAS scheme.

**Nature-inspired Practice**

**Details**

Want to bring nature into the design of your programmes and sessions? Not sure how to weave new practice into your day-to-day work? This workshop will help you Think and Go Differently. We will provide an experiential session that invites you to connect with nature alongside a framework and tools to play around with.

**Aimed at**

Entry / practitioner level

**Presenter**

**Jilly Dawes**, Go Differently.

I’m an accredited coach and facilitator, and regenerative entrepreneur, blending positive

psychology with nature-inspired practice to help you explore how to create meaningful

change in life and at work. I have been a senior leader in education and in the learning and development sector, as well as working for charities in the third sector.

**Draw out the Learning**

**Details**

Not sure how to draw out learning after an activity? Want to have a choice of review techniques and tools? This session helps you creating memorable learning moments.

It’s not just about the activity, it’s about the experience and what we take from it. In this workshop we will focus on your context and how you can cultivate valuable learning moments in one session or over a whole programme.

**Aimed at**

Entry level for those new to the field including students, trainees, apprentices and practitioner level for those with a good level of experience.

**Presenter**

**Jilly Dawes**, Go Differently.

I’m an accredited coach and facilitator, and regenerative entrepreneur, blending positive

psychology with nature-inspired practice to help you explore how to create meaningful

change in life and at work. I have been a senior leader in education and in the learning and development sector, as well as working for charities in the third sector.

**Belonging through the lens of language**

**Details**

This workshop will exploring the relationship between the language we use and the sense of belonging practitioners and participants experience in the outdoors.

**Aimed at**

All levels

**Presenter**

**Gina McCabe,** Place Innovation

Gina is a leading thinker and practitioner in ways of working that help to create a more equitable and inclusive outdoors. In 2019 she founded Place Innovation, building on 20 years of experience in the private, public and voluntary outdoor, youth and charitable sector. Place Innovation works with organisations to ensure that the benefits of spending time in the outdoors can be accessed by everyone.

**Safe Spaces for All**

**Details**

63% of young women (aged 18-24) in the UK have experienced some form of sexual harassment at work (over 80% did not report it). A total of 98 adult safeguarding cases were recorded by five sports NGBs in 2023-24 - physical abuse made up 24% of reports, and 13% were reports of general welfare concerns, such as mental health and self-harm concerns.

How can we look again at the way we work with visiting groups, with staff teams, and with all individuals we contact with and ensure that we are leading safe spaces that prevent harassment, abuse, and inter-personal violence for ALL. This practical session will look at questions raised by the participants that could include:

* When is banter actually racism, harassment, emotional abuse or hazing?
* What does it mean to be a trauma aware organisation?
* How do I instruct and coach through a trauma informed lens?
* What needs to be in place to prevent harassment and abuse?
* Is safeguarding our participants different to safeguarding our colleagues?
* How to call someone out if you see or hear something that's not right.

**Aimed at**

Practitioner and Senior

**Presenter**

**Neal Anderson** is the Chief Operating Officer of Safe Sport International (SSI) and a UKCP Registered Psychotherapist who represents SSI on the advisory board of the International Safeguards for Children in Sport and the advisory council of the Centre for Sport and Human Rights. He is recognised for his expertise in workforce competencies in outdoor learning and ethics in the therapeutic use of nature. He has led research and numerous projects in this field and is an associate lecturer at the University of Cumbria and was previously the Professional Standards Manager for the Institute for Outdoor Learning (IOL).

**Getting on the mental health wave: A “How To” Guide: Tools, tips and things to stay away from!**

**Details**

The “How To” Guide to Wilderness Therapy, Wellbeing, Mental Health and Bushcraft Mentoring!

We will address:

* TOP TIPS! Musts, maybes, and no-nos…
* IMPACT ASSESSMENT - How does WT work? Is it effective? Prove it!
* Can bushcraft really be used therapeutically?
* Designing WT sessions and programmes
* Adjusting how we work outdoors with identified individuals and groups
* “But I’m not a therapist! What can I do?”
* The “B” word… business. How it works as a business and what fantastic projects are out there.
* What do YOU want to do?

**Aimed at**

All levels. Everyone welcome.

**Presenter**

**Robin Sheehan,** eQeOUTDOORS

Climatologist, Oceanographer, Environmental Scientist, Bushcraft Practitioner, Wilderness Therapist and Trainer. Robin also trained in the USA, in Death Valley, in Wilderness Vision Quest and Rites of Passage.

**Climate and Carbon Literacy for the Outdoors**

**Details**

During this workshop participants will reflect on their own journeys in relation to the climate emergency, engage in current scientific evidence and consider practical actions they can take in their own work settings and personal life. There will be the opportunity to hear about wider training from CAFS to support going forward, including Climate Fresk and Carbon Literacy training. <https://cafs.org.uk/climate-and-carbon-literacy-training/>

**Aimed at**

All levels

**Presenter**

**Gina Parker (Mullarkey),** CAFS

Gina’s journey in Outdoor Learning began nearly 30 years ago, her work now focuses on Global and Outdoor Learning and supporting pedagogies such as Philosophy for Children and Communities.  Gina joins the IOL conference this year in her role as a climate trainer for Cumbria Action for Sustainability (CAFS) where she supports schools, communities and businesses in responding to the climate emergency. Gina also works as a trainer for many complimentary organisations such as Learning through Landscapes through her business Little Chatters.

**Cumbrian Mines - A Rich Educational Resource**

**Details**

* Why go into an old mine?
* Where can I go?
* What should I do before taking groups?
* How can I get more sites on the list?
* An Introduction to the Cumbrian Mines Inspection Report Scheme (CMIRS)
* The legal and practical considerations of using mine visits in your outdoor repertoire.

**Aimed at**

Practitioner / senior

**Presenter**

**David Hollingham**, Mountain Experience

Experienced, qualified and respected local practitioner with many years experience leading groups above and below ground. Dave is well placed to explain the benefits and issues of using abandoned mines to enrich an outdoor adventure.

**Head, Heart and *Two* Hands - Ambidexterity and organisational stewardship**

**Details**

This session explores the concept ambidextrous stewardship. How do we work now, in a human-centric reality whilst making strategic changes towards a nature-centric future?

By unpacking management concepts of Absorptive capacity, Adaptive capacity and Ambidexterity we will reveal how OL organisations can build-in a purposeful pro-environmental strategy.

**Aimed at**

Practitioner to Senior Level

**Presenter**

**Matt Healey LPIOL** - Lancaster University Management School

Matt is a LPIOL with an MA in Outdoor Education. He is currently a Doctoral Researcher in Lancaster Universities Management School (Entrepreneurship and Strategy).

**Racoon Circles – a free resource to support problem solving and teambuilding**

**Details**

This interactive outdoor session is based on a free online resource offered by Jim Cane. Find out what racoon circles are and how you can use this simple resource to enhance your problem solving and team building sessions.

**Aimed at**

All levels of practitioner.

**Presenter**

**Mark Harnden**, Get Outside the Classroom

I have worked in the industry for over 25 years. I started as a trainee in Australia on a gap year, spent a few years teaching in schools, ran a group of local authority centres and then setup my own business in 2016. Get Outside the Classroom runs Summer Camps from a pop-up camp in Cheshire and operates as a DofE AAP.

**What links Indigenous Knowledge to UK canoeing?**

**Details**

What links the concepts of ‘Indigenous Knowledge,’ ‘Canoeing,’ and the ‘UK’? Recent research explores notions, questioning what happens when Indigenous Knowledge of canoeing and canoe history meets canoeing these in the UK outdoor learn sector, and the alignment (or lack of) with paddlesport schemes and qualifications. The research heeded some interesting results, but yielded more questions than answers – what happens next? What do current canoe practitioners understand about Indigenous Knowledge, the complex history of the canoe, and how does it apply to canoeing today? In opening discussions and considering existing understanding, the way forward is a sector-led exploration of what we know, what we don’t know, and perhaps what we should.

**Aimed at**: All levels

**Presenters**

**Tess Shipton:**

A Learning and Development Consultant at Brathay Trust, Tess has recently completed an MA in Outdoor and Experiential Learning, with a dissertation focusing on the Canoe Pedagogy of the intersection between UK outdoor learning and Indigenous Knowledge.

**Myles Farnbank**:

Myles is a lecturer in Outdoor Leadership at the University of Cumbria, Ambleside, and brings to the world of academia a vast breadth of experience canoeing and paddlesport, gained through coaching, expeditions, boat building, and syllabus composition with leading paddlesport governing bodies.

**Dr Lisa Fenton:**

A lecturer and MA Outdoor and Experiential Learning Bushcraft course leader at the University of Cumbria, Ambleside, Lisa’s groundbreaking thesis positions bushcraft in the sphere of academia. Lisa combines her years of bushcraft and wilderness expertise with the location of canoes within Indigenous Knowledge research.

**Warm welcomes and simple adaptions - first steps to enabling inclusive sessions**

Good quality conversations when working with disabled persons + fun, easy ways to adapt to the results of your good quality conversation quickly and cheaply.

**Details**

We will look at how to make your practice more inclusive towards people with disabilities using good communication and simple adaptions.

Often, when we think of accessibility in the outdoors, our minds go into overdrive and costly kit. Simplicity is often the answer. Asking the right questions and having a few tricks up your sleeve is often all that is needed.

Hopefully, by the end of this workshop, you will leave feeling more confident about working with people who have a disability and some useful tips for thinking outside the box.

**Aimed at**: Practitioners delivering activities

**Presenters**

**Vicky and Chris Binks**, Anyone Can LLP

We are a husband and wife team who decided to join forces in business and set up our own inclusive adventure company called Anyone Can. We want everyone with an adventurous spirit to be able to access the outdoors and have adventures, beyond a taster session. We regularly run expeditions in both the Lakes and Scotland with a huge array of clients; some use a wheelchair, some have learning disabilities, some have hidden disabilities but all want to get outside more and have an adventure.

**Good quality conversations when working with disabled persons**

**What are we saying if we don’t say anything?**

**Details**

This workshop will support those people having initial conversations with clients who have disabled members of their party. Taking an ability first approach, communicating what is possible in your organisation, involves considering all ways that you communicate with clients, from website to visit.

**Aimed at:** those with agency over booking and communications with the public.

**Presenters**

**Vicky and Chris Binks**, Anyone Can LLP

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**Managing Challenging Behaviour**

**Details**

A discussion on what we mean by challenging behaviour and, using scenarios, about how we might deal with challenging behaviour.

**Aimed at**:

Entry level for those new to the field including students, trainees, apprentices

Practitioner level for those with a good level of experience

**Presenter**

**Dave Elphick**:

Dave has 25+ years working with children of all ages, and 10+ years as Education Team Leader at Castle Head, he spent 13 years in school as a Geography  teacher/Head of Department and Head of Year.

**An Adventure too far?**Talking about - **The Bare Necessities**

Bloody Outdoors, Wild Wees, and No-View Poo

**Details**

* Creating a positive and confident mindset for spending time in away-from-facilities outdoor environments.
* Challenging ignorance of managing natural functions in the outdoors which quite often leads to fear and life limiting beliefs especially in girls and women.
* The Bare Necessities of - Where, When and How To …...
* Packing a Ps kit.
* Ideas to help make briefing groups about the Bare Necessities a normal and natural thing to do.

**Aimed at:** All levels

**Presenter**

Elspeth Mason, LPIOL, runs Mere Mountains and is current Chair of the Adventure Activities Industry Advisory Committee.