



## Professional Development + Training courses events offered by IOL Organisational Members



### Nature Connection & Forest Bathing Guide Teacher Training: 3 cohorts run in 2025

11-13 April, 1-3 August 2025. 3 day course.

Adore Your Outdoors.

Online or in private woodland in Fareham, Hampshire

07717368308 [sonya@adoreyouroutdoors.co.uk](mailto:sonya@adoreyouroutdoors.co.uk)

<https://adoreyouroutdoors.co.uk/forestbathingguidetraining/>

3 cohorts run in 2025. All start with a weekend of online learning on 5th April, 24th May or 12th July. Then choose from either an immersion week in the woods in Hampshire or an immersion week online. After that week, there are numerous coursework deliverables including deepening nature connection personal practices and delivering 3 trial walks with at least 4 participants, plus an open book exam.

**COHORT 1/2025:** ONLINE INTRO: Sat 5th & Sun 6th April + WOODLAND IMMERSION: w/c Monday 28th April (Mon to Fri) OR ONLINE IMMERSION: w/c 12th May (Mon to Fri) + COMPLETION: 30th September

**COHORT 2/2025:** ONLINE INTRO: Sat 24th & Sun 25th May + WOODLAND IMMERSION: w/c Mon 9th June (Mon to Fri) OR ONLINE IMMERSION: w/c Mon 16th June (Mon to Fri) + COMPLETION: 31st October

**COHORT 3/2025:** ONLINE INTRO: Sat 12th & Sun 13th Jul + WOODLAND IMMERSION: w/c Monday 11th August (Mon to Fri) OR ONLINE IMMERSION: w/c Mon 18th August (Mon to Fri) + COMPLETION: 30th December.

£2745 for the hybrid learning path (includes the woodland immersion with 2 opportunities to deliver sessions for real life customers or volunteers), or £2245 (fully online learning path).

Is 2025 your year to become a Certified Forest Bathing Guide? Want to be your own boss while nurturing a deeper connection with nature—for yourself, your clients, and the future of our planet? As nature lovers, we share a common concern: while we cherish the natural world, the impact of climate change and biodiversity loss can feel overwhelming. We also crave a slower pace, a simpler life, far removed from the "more, more, more" mentality.

It can leave you wondering how to live a happy, healthy life and be part of the solution. What you're longing for is likely: a deeper connection to nature that eases anxiety and nourishes your soul; a fulfilling and financially rewarding career where you're in control; a strong sense of purpose; a feeling of belonging.

At Adore Your Outdoors, we believe Forest Therapy Guiding, with a business rooted in nature, offers a path to truly joyful living—for you and future generations. We believe those who nurture a sustainable future deserve both financial reward and deep fulfilment.

As a certified Forest Bathing Guide, you can:

- Be your own boss and revitalise your career.
- Embark on a profound journey of self-discovery.
- Become a certified, trusted professional.
- Create transformative experiences.
- Harmoniously combine purpose with profit.
- Join the Forest Bathing revolution.

Choose from the fully online learning path or a hybrid approach with a transformative week together in Hampshire. With three intakes in 2025, you can find the perfect fit for your schedule.

Shinrin Yoku (Forest Bathing) has been integrated into the Japanese healthcare system for over 45 years and is now endorsed by the NHS, lending legitimacy to your practice. Research consistently demonstrates long-lasting benefits, including stress reduction, improved sleep, enhanced immunity, and well-being.

Are you ready to answer the call of the wild?



### **Educational Visits 101 – for Providers – IOL Accredited**

#### **Evolve Advice**

11<sup>th</sup> Feb 2025. 10.30-3.30. Friends House, London. £150+VAT.

A must-attend course for anyone working in sales and support for educational visits.

Your essential introduction to educational visits roles and responsibilities for staff in schools; the legal and guidance framework; risk assessment requirements; approval processes and systems.

- Do you fully understand the requirements on your group/party leaders when planning their educational visits?
- Are you confident that your marketing materials and school resources are aligned with the expectations of employers and the advice of Educational Visits Advisers?
- Is your visit documentation duplicating work for school staff or could it be streamlined?

Educational Visits 101 for Providers will cover all this and more. You'll examine school staff responsibilities around risk management, approvals, reporting, and evaluation, helping you to identify ways you can better support your school clients.

**Better informed. Better able to support.**

<https://www.evolveadvice.co.uk/ed-visits-101>



### **Nene Park Trust**

#### **Level 2 Award in Curriculum Based Outdoor Learning**

**IOL Accredited and delivered by Cambium Sustainable**

4th July 2025

Nene Park Trust, Ferry Meadows Country Park, Peterborough, Cambridgeshire. £425 including registration fees and VAT. 01733 234193. [anna.thompson@neneparktrust.org.uk](mailto:anna.thompson@neneparktrust.org.uk), [www.nenepark.org.uk](http://www.nenepark.org.uk)

For any teachers who want to take their teaching outdoors but don't know where to start. This Curriculum Based Outdoor Learning course will develop your skills and confidence in using your school grounds for engaging and exciting curriculum delivery. This is a "blended" training course. As well as a face to face training day, learners will have access to online training materials helping them to complete a portfolio of evidence which will result in a level 2 qualification accredited by Agored Cymru (formerly OCN Wales). The training day will be delivered in person at Ferry Meadows Country Park, Cambridgeshire. Theory elements of the courses will be delivered in the comfortable surroundings of The Den education centre, while the practical skills sessions will make use of the beautiful surroundings of the park as our outdoor classroom.

#### **Trainee Instructor Scheme**

17 March 2025 for 7 weeks

Become qualified in a range of outdoor instructor activities. Free accommodation. Guaranteed work upon completion of your training.

Rockley, Dorset.

£350pp

<https://www.rockley.org.uk>

#### **Woodland Activity Leader Training (WALT)**

4-6 April 2025. <https://woodlandclassroom.com/event/woodland-activity-leader-training-walt-2/>

Woodland Classroom Ltd. Call James 07876 794 098

#### **18 week Outdoor Instructor Training Course**

2 Nov 2025 to 15 Mar 2026

Mendip Activity Centre. Sandford, N. Somerset. Mendip Activity Centre's Accelerated Outdoor Instructor Training (AOIT) course is the best way to become a qualified outdoor activity instructor!

£11,000 Fee includes everything- all training, accommodation, catering, trips and transport. Finance plans are available. [hello@mendip.co.uk](mailto:hello@mendip.co.uk)

<https://www.outdoorinstructortraining.co.uk/>