

Nourishing Resilience: Seedlings of Change

On July 21, Wisdom Tree hosted a highly successful day at Hazel Hill Wood, on the theme Nourishing Resilience For You And Your Work Community. It felt like a day of planting many seedlings of new ideas and contacts.

Our diverse group of over 20 people, from near and far, included professionals in organisational development, coaching, health and psychotherapy. The day offered methods and space to explore our own resilience and wellbeing, and how to grow these within the organisations we work with.

Wisdom Tree's natural systems model of resilience was one of the key resources, and two of the sessions were spend out in the wood, experiencing this model and applying it for ourselves.

Fortified by a delicious lunch, we moved on to explore ways to nourish resilience, including the various approaches Wisdom tree offers. We received a lot of positive and creative feedback, and the day generated many useful ideas and contacts which we will explore in coming months.



For example, several participants were excited by the idea of 'Creative Away Days' at Hazel Hill. Bringing work teams to the wood immediately creates a sense of relaxation and opens new perspectives: one-day events could achieve a range of objectives, such as teambuilding, creativity, everyday resilience skills, and more.

The day also seeded some useful insights on how Wisdom Tree could extend its range of programmes in the workplace: for example, building on the Resilience Toolkit already used successfully with several clients.

Here are a few quotes from feedback forms:

"I thought the day had a really good balance between structure & flexibility and gave me a great space to reflect. Share and nourish my own resilience and how I might use similar tools with clients"

"I learned from seeing you each facilitate especially easy, light touch and talking from position of experience"

"Thank you, an inspiring day. See you in year for a top-up!"

"I am taking away some new tools to use"

"Excellently structured, resourced and presented day"

