

MULTITASKING ON NATURE WALKS

This card was created to support you in becoming someone who, through your presence, opens a space for meeting – with nature, with others, with the moment itself. Such presence goes beyond mindfulness – it is about consciously rooting yourself in the here and now, in the place, and in the relationship. The more grounded you are, the safer the group feels, the more clearly nature speaks, and the more effortlessly

THE AF PRACTICIONER:

- leads through presence – the most powerful tool, showing how to be “here and now”, without rushing and without expectations;
- is a bridge – not standing between the participant and the forest, but making their meeting possible;
- shares practice – offering inspiration, not control.

Accessibility Forest Practitioners are part of the process themselves. They experience it together with the group, while maintaining a triple connection – with nature, with the group, and with themselves.

THE TRIPLE CONNECTION:

With nature– rooting

This is your central axis. When you are in relationship with the place – its rhythm, its sound, its movement – you become an “extension of the forest”. This allows you to avoid doing too much or trying to “fill the space” with yourself. The forest speaks, and you listen – together with the group.

What helps?

- Pause, sit, or lean against something at the spot where the walk begins.
- Take a moment to listen – to the forest sounds, to feel the ground beneath your feet, to notice the light, the scent...
- Give yourself time to simply be there, before turning to the group.

With the group – as sensitivity

You don’t need to “manage” the group – it is enough to be with them. Participants notice when you are present and authentic. Your role is not to be in the spotlight, but to hold the space.

What helps?

- Observing without judging – paying attention to body language and tone;
- Practising presence – responding from calm rather than from a need to control;
- Nurturing relationships through presence rather than words.

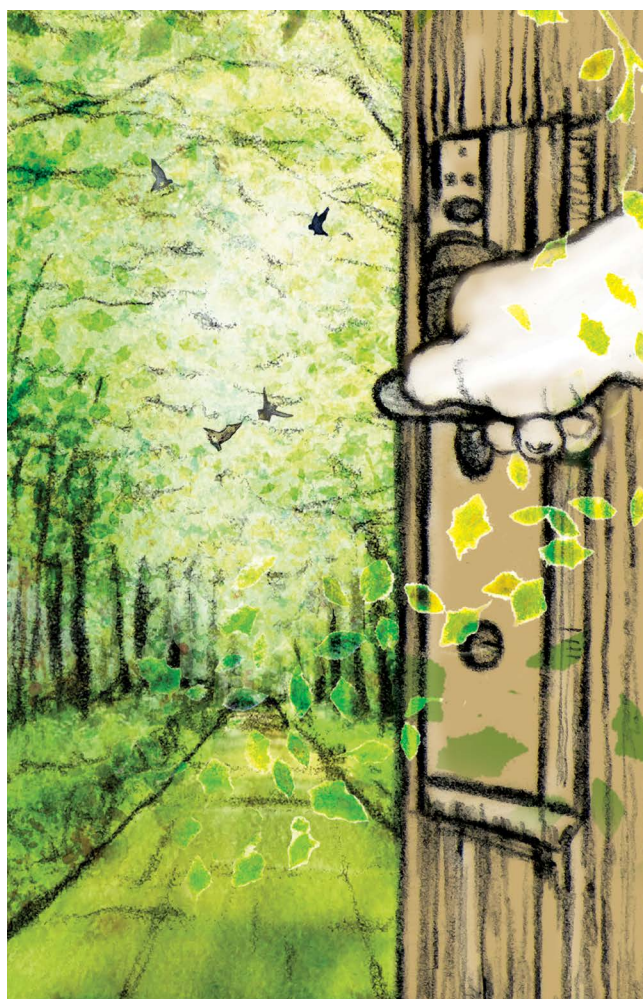
With yourself – as foundation

This is a personal, often unseen layer. If you are not connected with your own body, emotions, and intention, it is difficult to be with the group and the place. Your body acts as a barometer – showing whether you are present, drifting away, or slipping into “doing mode”.

What helps?

- Self-awareness: What am I feeling now? What do I need? Where is there tension?
- Rooting in the body – through breath and conscious movement.

Balance means being in mindful contact – with nature, which speaks without words; with the group, whom you accompany with openness; and with yourself – as part of the process. You have a framework and a direction, but you stay open to what arises. You adjust the pace, form, and guiding style so that it supports whatever is alive in the moment.



QUESTIONS

- How do you experience the process of connecting with the forest and with the group you are guiding?
- How does your attention flow between these three relationships: the group, nature, and yourself?



REFLECTION

Leading forest walks is not a matter of “working on the outside”, but a deep practice from within. You don’t need to be perfect, and you don’t need to know everything. Your genuine presence is enough. Being an Accessibility Forest Practitioner is a privilege – an opportunity to learn from the forest together with the group, each time afresh.

