

# ADAPTABILITY



The aim is to practice attentiveness as a way to connect with yourself,  
The aim is to practice adaptability – staying open and responsive to the changing needs of the group, the natural rhythm of nature, and the flow of the moment.

In the context of guiding a nature immersion means being present and flexible, adjusting your approach in response to the group's needs and the rhythm of nature. It is not about rigidly following a plan, but about reading the moment and responding with care and intuition.

**Complexity Leadership Theory** highlights adaptability as the ongoing interaction of thinking, emotional, and social skills needed to navigate complex and changing environments.

In the context of nature immersion, this means guides need to:

- **Cognitively** assess changing conditions, such as weather or group mood, and adjust plans accordingly.
- **Emotionally** manage uncertainty and help participants stay calm and engaged.
- **Socially** facilitate group interactions to maintain connection and cooperation.

## TIPS

Adaptability is a skill that requires competence, built through preparation and practice. Intuition,



often perceived as a spontaneous insight, is actually the highest form of competence – called unconscious competence, where knowledge and skills are so well integrated that they guide action effortlessly.

To strengthen your ability to adapt:

### Prepare thoroughly:

Know your route, the terrain, weather conditions, and possible risks.

Learn about your group in advance if possible: their needs, cultural backgrounds, energy levels, or language preferences.

### Have more than one plan:

When speaking with someone, offer them your full Create a flexible outline with alternative routes, timing, and activities.

Be ready to shorten, extend, or shift the focus of the walk if needed (e.g., more silence, more sharing, more movement).

### Learn to read the moment:

Observe group dynamics and participants' emotions: Are people tired? Curious? Distracted?

Stay aware of changes in weather, terrain, sounds, and light during the nature immersion in order to anticipate challenges and adjust plans smoothly.

## EXPLORE

Try the invitations below that you have not tried before and notice how they affect your adaptability:

- Walk barefoot on different surfaces.
- Take an unusual path to your favourite nature spot – try going the long way, taking turns that you have never taken.
- Let yourself get wet in the rain — without running for shelter.
- Create your own new experiences.

## REFLECT

What do you notice when you allow yourself to do things differently than usual?

How does it feel to let go and “dance in the moment”?