

# A Nature Fix

## Utilizing 'Nature Prescriptions' to Improve Wellbeing

with Dr Miles Holmes



This practically focused workshop will introduce participants to the science, the benefits, and the practical implementation of incorporating nature prescriptions into their work with clients, students or patients.

'Nature Prescriptions' (where doctors prescribe patients structured time in natural settings to improve their mental and physical health) have attracted increased research attention in recent years and studies have shown impressive outcomes including decreases in rates of depression, anxiety, ADHD symptoms, aggression, blood pressure, obesity, diabetes, loneliness, and heart disease, and increases in emotional and nervous regulation, healthy sleep patterns, immunity, and overall happiness.

Anybody working with other people can incorporate the concept of nature prescriptions as part of their practice model, it isn't only a resource available to the medical profession.

Today we spend significantly less time engaging in outdoor or nature-based activities than any previous generation. Research shows that the average Kiwi now spends 70% of their time indoors, and only 35 minutes a day engaging with the outdoors. This is a global trend and has coincided with the rise of urbanization and digital technologies. Not surprisingly there has been a corresponding increase in many reported mental and physical health complaints during the same period.

This training will discuss the incredible benefits that can be gained for people of all ages from proactively and mindfully connecting with outdoor environments and participants will learn and experiment with a range of activities and techniques which will equip them to confidently "prescribe" structured outdoor connection opportunities for their clients, students and patients (and themselves!)

### Some of what you can expect:

- Increased understanding of the scientific evidence that supports how nature positively impacts our health and wellbeing including insights into the latest results from multiple research trials.
- Why it is important to understand the difference between nature contact and nature connection to maximise health and wellbeing benefits.
- Specific activities that use nature to restore attention, reduce stress and improve mood - making nature a self-care health and wellbeing solution for you and your clients
- Access to resources that can be easily shared with clients to help them better utilise the restorative powers of the outdoors.
- The role of nature connection in promoting pro-social behaviours such as kindness and gratitude

**Places are limited to the first 50 registrants. We encourage you to register early to avoid disappointment.**



Dr Miles Holmes, has a background in cultural anthropology, outdoor education and research. He has been mentored in nature connection by international experts and holds a PhD in anthropology which was completed in partnership with Warlpiri people from Central Australia. He has a deep understanding of nature connection processes, and how they can be integrated into existing practice models in the health, education, community and corporate sectors to enhance the positive outcomes for clients and practitioners alike. Miles is a founder and director of 'Nature Fix', an Australian based NGO dedicated to promoting better human outcomes through utilising the resources that exist outside people's homes and places of work.

### Tour Details:

- 📍 AUCKLAND: 26th March 2025, Waipuna Hotel and Conference Centre, 58 Waipuna Road.  
CHRISTCHURCH: 28th March 2025, Commodore Airport Hotel, 449 Memorial Avenue
- 🕒 9:00am - 4:00pm each day
- 💰 \$325 (incl. GST). Price includes lunch and tea break catering and presentation notes
- ❓ Contact the Compass Seminars team on 06 759 1647 or [office@compass.ac.nz](mailto:office@compass.ac.nz)

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