N-STINCTIVE™

We break the mould of traditional training – taking our clients on bespoke experiential journeys to maximise their potential. Working with both **teams and individuals**; **coaches and leaders**; our innovative models are designed to enhance your **confidence, courage, connections, energy and stability.**

Discover your own, your clients' and your team's hidden strengths in a different, memorable and immediately applicable way.

Whether you're a coach or a team leader, we will teach you how to harness this internal Natural Intelligence (NQ) to uncover your hidden strengths, whilst teaching you a new skillset in the process!

BUT DON'T JUST TAKE OUR WORD FOR IT:

> Rosie's work is thought-provoking and powerful. It has the courage to proclaim and remind us all of a simple, yet profound message; that despite humankind's sophistication, we are still part of the herd. As with animals in the wild, leadership relies on Natural Intelligence, and every leader of self, teams, organisations, institutions and businesses will benefit from engaging with Rosie's words. What we have always known, and been shown from the animal kingdom, is brought to life in a unique, accessible and vital way.

DAVID SHEPHERD CBE FRSA FGRA
CELEBRATED BRITISH ARTIST AND CONSERVATIONIST

> This course was transformational. I have developed an incredibly strong skillset that not only improves my ability to manage my team but also has reconnected me with my love of nature. Both my professional and personal life are now back on track!

BEN THORNE
FOUNDER & MANAGING DIRECTOR, SUSTAINABILITY CONSULTANCY

> A terrific contribution in the world to help the future be a better place for everyone. This was a value-added course and value for money. I know other people who have spent £2000-£3000 for content that was less rich and less diverse. The lightbulb moment for me was understanding that approaching coaching from a reflective lens was the key to learning from nature's incredible lessons.

SANDY CLIFTON
COACH, MOTHER AND MARATHON RUNNER

AWARD-WINNING
"N-stinctive: The Power of Natural Intelligence"
Rosie Tomkins

WHAT WE OFFER

INSPIRATIONAL TEAM DEVELOPMENT DAYS

OUR FLAGSHIP PRODUCT

N-stinctive facilitates a uniquely different day that supports teams and organisations to move from just being adequate for purpose, to being extremely good at what they do. We take your team out of the office and into nature to discover the real unknowns that limit ultimate performance. Working with nature brings immediate feedback about your innate leadership styles, your approach to creativity, and problem solving as well as many other default behaviours. **FIND OUT MORE HERE**

ULTIMATE COACHING RETREAT

NEW AND DYNAMIC - TO RECHARGE AND NOURISH JADED INDIVIDUALS

Imagine a retreat where you can escape the fast-paced environment of everyday life; escape the noise that shouts down your creative side; and turn your back on the mundane demands of daily life that interrupt your clarity of thinking. A place where you can call on a resource bank of entrepreneurs, business professionals and corporate experts to work with just you so you can focus on the BIG things...the things you were always meant to achieve. We co-design an experiential journey just for you, creating the right conditions to stretch, stimulate and reframe your life and your work. **FIND OUT MORE HERE**

ONLINE COURSE

"ARE YOU READY TO BECOME A CERTIFIED NATURE-CENTRIC COACH?"

LEARN THE WONDERS OF COACHING WITH NATURE, FROM YOUR OWN HOME

Our course is designed to strengthen your coaching portfolio and guide you through these uncertain times, whilst reconnecting you with nature. It's time to be creative and become a more versatile coach.

Natural Intelligence is the positive use of your instincts, insights and perceptions. It requires you to open to the senses just like a wild animal, picking up invaluable information by watching closely, listening, interpreting signals, whether conscious or unconscious, recognising boundaries, spotting defensive stubborn or aggressive patterns, gaining knowledge about comfort zones – reading behind the eyes. All of which translates into dramatically improved and well-honed coaching skills.

If you wish to join me, we will be exploring this throughout the course, to enhance your coaching skillset. **FIND OUT MORE HERE**

ONLINE COURSE

"BECOME THE LEADER YOU WERE BORN TO BE!"

GIVE YOU YOURSELF A MUCH NEEDED RESOURCE, TO SUPPORT YOU GOING FORWARD

Our innovative course focuses on enhancing the skills of leaders, managers and executives in engaging with their teams and clients. Those who have gone through our course explicitly state that they have experienced a change in the way they coordinate within themselves and their peers. Over a period of time this change in attitude, communication and relationship will help to foster a work environment that is healthy for the whole organisation. **FIND OUT MORE HERE**

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