

Inga Pavula

inga.pavula@gmail.com

Latvia



Workshop title:

Supervision in Nature. Nature as an active participant, additional support and resource in supervision.

Duration: 1 h 45 mins on Wednesday, 1 h 30 mins on Friday

Goal of the workshop:

Discover how nature can be a successful addition to supervision practice. Introduce and share the practice of “nature supervisions” in a practical and experiential way.

Concept:

The workshop will offer the participants experience supervision in nature, taking advantage of the possibilities of the local natural outdoor environment, as well as conversations, reflections, and specific tasks involving images, video and audio recordings. There will be an opportunity for individual and group experience.

The offered “nature supervision” approach is rooted in the concept of forest-bathing (Japanese shinrin-yoku, “forest bathing” or “taking in the forest atmosphere”), nature-connectedness and the continuous research on the many benefits that being in nature have on individuals.

Spending time outdoors in nature has been shown to lower stress levels and support mental health. Combined with the supervision process, both the client and the supervisor, as well as the supervision process benefits from the improved emotional well-being and trust in oneself through embodiment and groundedness.

Learning outcome:

- Discover and experience how nature can be:
 - a successful addition to supervision practice, to support ourselves, individuals and organisations.
 - a resource for the client and supervisor with practical examples.
- Reflect and exchange ideas, perspectives, tools.

Profile

Inga has been working as a supervisor offering support in professional and personal development since 2009.

Her prior experience has been in the educational field for more than 30 years, from university to adult education and training programme development and leading.

She has an MA in Education, studied personal management, received her supervision education at the Tallinn University and German Supervision institute “Der Rote Faden” joint programme “Intercultural Supervision -Coaching - Organisational Development”, currently certified until 2025.

Inga developed her own “nature supervision” format as a supervisor and consultant, finding it a valuable and necessary approach in the current changing World.

She has been offering supervisions in nature and organising adult summer professional/personal development camps and courses in nature “Experience yourself” since 2019.