

Forest Fix

Find balance and solutions through time in nature.



Mountain Solace For Leaders

This program is for exhausted, stressed-out leaders who are having trouble performing at their normal high levels.

Your normal ways of coping with stress (exercise, socializing and SM) are not working and the level of burnout is showing in your performance and relationships. Consider a one day recalibration session in the Canadian Rockies to rejuvenate so you can improve your performance and work-related decision making, while experiencing greater ease and happiness. Enjoy beautiful forests, stunning mountains, powerful conversations, and time just for you to slow down and reset. Choose from specular locations like Moraine Lake or Lake O'Hara. This bucket list experience is for the busy professional who only has a day to steal away and make it count.

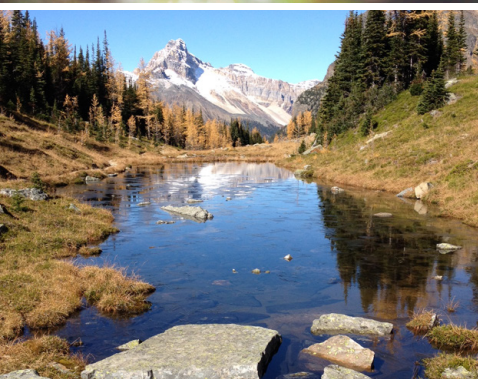
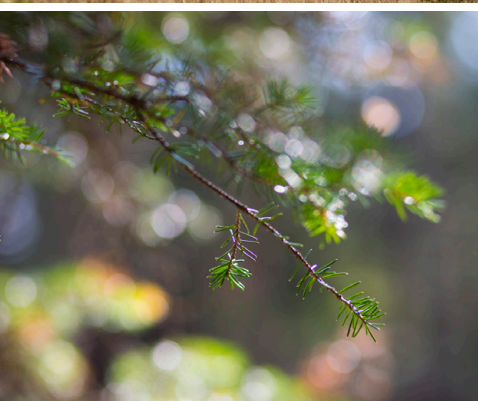
Did you know:

- 20 min in nature reduces your cortisol (stress hormone) levels by **20%**
- 2 hours in nature increases your memory and attention span by **20%**
- 2 days in nature increases your cancer fighting white blood cells by **40%**
- A day in nature will reset your nervous system and your brain leading to higher level thinking and better decision making
- The rest you will experience is deep and lasting
- The locations chosen for this program are ones you cannot get to on your own, they are hard to access by the public and remarkably beautiful!

Comments from Past Participant

"Prior to the session, my life was comprised of non-stop, high-pressure responsibilities around the clock. Tension and stress were building up without any downtime or relief. I was feeling physically drained, mentally scattered, had chronic sleep problems, and emotionally depressed. This all changed on my day with Ronna. The session improved my situation in 2 ways. The first is it acted as a "micro vacation". Although our session was only a day, it was such a severe contrast to my previous state of being (non-stop busyness) that it provided an instantaneous, deep sense of relief and mental peace. Secondly, because it gave me a taste of mental peace and wellbeing, this inspired me to incorporate nature walks and meditation into my regular routine. This has allowed me to reduce my chronic stress levels and improved my overall happiness and health since the session."

~JF, California, USA



What the Experience Looks Like

- This one on one session includes a pre-trip coaching session so I can customize your experience.
- Pick your date and location, full day programs go to Moraine Lake or Lake O'Hara. Half day programs go to quiet places around Canmore.
- Lake O'Hara cannot be guaranteed if you book after April 21 but the chances are very good. Another great spot is a quiet trail at Moraine Lake, which is stunning!
- On the trail you can expect, coaching conversations, time alone, and specific activities in nature to foster a deep reset in your body and mind. These activities are designed with evidence based research, using proven techniques to allow nature to calm your nervous system, reset your brain, lower stress and heart rate and balance your blood pressure. Once this occurs personal clarity quickly follows.
- A follow up coaching call will be scheduled to forward outcomes from the session.
- Everything is confidential and invitational.
- Full day is \$1595 + GST CND, includes pre and post coaching calls, time on the trail, access fees and a 20 minute meditation for deep restful sleep. Half day costs \$895 and includes pre and post coaching calls, 3 hours on the trail and a 20 minute meditation for sleep.

You are invited to step away from your world for a day, where cell phones and emails don't work, to a beautiful place you have never been before. A place that is remarkably beautiful and peaceful. This is not your standard stress relief program - it's an extraordinary experience that reminds you of who you are and what you are here to give. Experience a deep and lasting reset which will foster peace, clarity, and a sense of aliveness.



Ronna Schneberger is a professional coach (trained by CTI), hiking guide, forest therapy guide and naturalist with over 2 decades of experience. She uses her years of experience of personal growth along with her coaching skills to support others to live a fulfilling life with purpose. Ronna has been faculty with Leadership Development at the Banff Centre where she worked with leaders, professionals and executives from all over the world using nature as the teacher to create powerful reflections and transformation. Her unique approach uses proven techniques to help people reset their mind and nervous system so they can reclaim peace, happiness and personal clarity.

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