



KIRSTEN GOODWIN  
COACHING

# FIND YOUR CALM

Learn how to  
beat stress using  
neuroscience and nature







## "FIND YOUR CALM" - ONE DAY RETREAT

74% of UK adults have felt "overwhelmed or unable to cope" due to stress.

But as the physician Hans Selye who originally defined stress said,  
*"it's not the stress that kills you - it's your reaction to it."*

Tina Gibbons and Kirsten Goodwin offer an inspiring one-day Retreat that combines the power of modern neuroscience with the power of nature - to help participants Find their Calm.

### MORNING: THE POWER OF NEUROSCIENCE

The morning session will be run by Kirsten Goodwin, a highly-experienced career coach and trainer who specialises in helping clients get their dream career without struggling with stress. During this session participants will learn:

- what is stress?

*Including the two different types of stress and their damaging impact on the body and brain*

- how do you respond to stress?

*Find out what triggers your stress response, and learn what you can do to respond effectively, including powerful brain training tools*

- how can you thrive despite stress?

*Create your own Calm Action Plan as you learn how to build your resilience to stress long-term.*

### AFTERNOON: THE POWER OF NATURE

The afternoon session will be run by Tina Gibbons, the resident wellbeing expert with a wealth of experience in the fields of mental health and nature connection.

Tina will lead participants on a natural mindfulness walk in the beautiful National Trust park, which will include:

- learning about the science of nature for stress reduction and improved wellbeing
- a series of natural mindfulness activities to quieten the mind, awaken the senses, centre yourself and become fully present with nature
- plus exercises to apply after the course to kick start your own natural mindfulness practice (even in an urban environment)

Participants will leave the day feeling refreshed, centred and inspired, with a wide range of tools and techniques to help them improve their wellbeing and vitality, productivity and decision-making, and ultimately Find their Calm.



**Tina Gibbons and Kirsten Goodwin are both highly-experienced experts in wellbeing and stress - informed by their own experiences. They now combine their complementary expertise to help others Find their Calm.**

20 years ago, Tina experienced an emotional and mental breakdown. Ever since she has been dedicated to building resources to not only overcome her mental health challenges, but to thrive and blossom into her fullest potential. Nature connection has become the key component to support her wellbeing on an ongoing basis, and now she is dedicated to sharing her accumulated wisdom and knowledge with others so that they too can thrive.

Working as a wellbeing consultant, nature connection guide and flower essence practitioner, Tina helps people experience the health benefits of being in nature, offering ways to help each person deepen their connection with nature, reconnect to their authentic selves, and light up their own inner guru.

## **TINA GIBBONS**



**[www.linkedin.com/in/tinagibbons](https://www.linkedin.com/in/tinagibbons)**

## **KIRSTEN GOODWIN**



**[www.linkedin.com/in/kirstengoodwincoaching](https://www.linkedin.com/in/kirstengoodwincoaching)**

For over a decade, Kirsten built a successful career in the Civil Service, negotiating for the UK in Brussels, and operating at the highest levels in some of the toughest roles - including teaching hard-bitten coppers how to do their jobs better at the National Crime Agency.

But she came close to burnout. Her body would shut down from her inability to handle stress, and she was regularly unable to leave her bed for days, sometimes weeks at a time. This went on for years. Luckily, she learned powerful “mind-body” tools and techniques that re-set her approach to stress, and helped her thrive. Now she uses her experience to help frustrated professionals achieve their career goals with ease and balance.

**Find us on LinkedIn or contact [tina@centredinnature](mailto:tina@centredinnature.com) / [kirsten@kirstengoodwin.co.uk](mailto:kirsten@kirstengoodwin.co.uk)**

**[www.kirstengoodwin.co.uk](http://www.kirstengoodwin.co.uk) | [www.centredinnature.co.uk](http://www.centredinnature.co.uk)**