



Vancouver Island



Wild Mind

A Nature & Mindfulness Workshop

Join us for this popular and inspiring day-long workshop retreat designed to help you reflect on your own connections to nature and explore ways of bringing creativity, nature-based and mindfulness practices into your work and life.

This workshop is experiential and will include structured reflection and discussion. You will come away more inspired, curious and equipped with a renewed sense of wonder, some new ideas and evidence-based practices to implement in your life and work.

This program is ideal for educators, youth workers, counsellors and others interested in bringing nature and mindfulness into their practice and is inclusive of all experiences and abilities. We will be spending the day outside, so please come prepared and dressed for the weather. Our dining hall is closed this year so please bring snacks and a packed lunch. Hot drinks will be provided.

What others are saying about Wild Mind:

"I loved the day and have already used some of the activities we did together with the kids I work with. I loved that it was a very welcoming, nonjudgmental environment for learners at many levels of experience working with kids outside... you created a day that flowed gently with rich, well-timed activities... A day later the dew drops on spider webs on a shrub brought me to a full stop. I don't think I would have noticed these things without this practice last week with you."

— Wild Mind Participant.

PRO-D OPPORTUNITY AT CAMP THUNDERBIRD

October 22, 2021

9:00am-3:00pm

Cost: \$85

TO REGISTER

Register online [click here](#)

or call Registration Services at:

250-386-7511

For more information
contact Fiona Hough at
fhough@vancouverisland.ca



CAMP THUNDERBIRD OUTDOOR CENTRE

5040 Glinz Lake Rd.
Sooke, BC | V9Z 0E3

About the Wild Mind Facilitators

Hana Kucera – Program Manager Outdoor Education

Hana joined Camp Thunderbird in 2014 as Program Manager. Hana has been teaching and working with children and youth for over 15 years. She has a background in nature-based immersion education for children, youth and adults and came most recently from the Bamfield Marine Sciences Centre where she taught undergraduate courses and engaged youth in hands-on marine science education. Hana holds a PhD in marine biology and has conducted field work in remote areas of BC and the Maritimes. During her PhD, Hana founded the University of New Brunswick outreach chapter of Let's Talk Science. Hana enjoys spending her spare time looking for and identifying mushrooms, trees, and birds, improving her rock climbing skills, and travelling to wild places.

Fiona Hough – Program Manager Mental Wellness Programs

Fiona has been working in the field of experiential & therapeutic wilderness education since 1989. She has worked for Outward Bound Canada as a Program Director and Principal and as a teacher for secondary outdoor integrated curriculum programs. She has also worked as a sessional instructor at Lakehead University, Seneca College and the Faculty of Education at UBC and as an educational consultant. Over the past 15 years her professional, academic and writing work has led her to explore the confluence of mindfulness, self-awareness, nature-immersion and creativity. Fiona has presented workshops and academic papers at numerous international conferences and is particularly jazzed about 'emergent facilitation' and exploring education as a co-creative process – bringing students, educators, and the natural world into conversation with themselves and each other. She holds advanced instructor and guide trainer certifications with Paddle Canada and the Sea Kayak Guides Alliance of BC and in her spare time works as a facilitator and guide of transformative wilderness experiences.



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