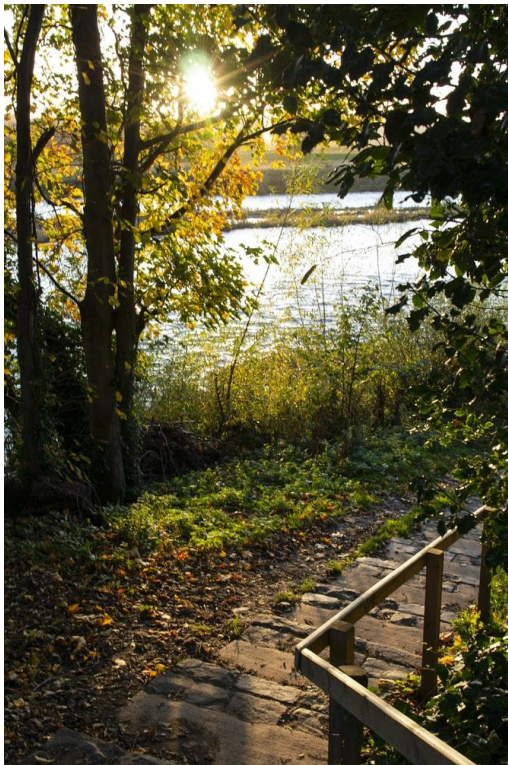


Taking a space walk

- Identify 3-5 different types of outdoor space, for example, woodland, an open space, a valley or high point, beneath a tree or next to a building or beside water.
- Take yourself out for a walk around those spaces.
- Take with you this [short mindfulness exercise](#) via a phone and some headphones for example, a notebook and pen, or a voice recorder.
- The mindfulness exercise will serve as a guide to help you consider the physical, emotional and cognitive effects each space has for you.
- After you have visited each space, make a note of the following:



1. What was the effect of each space for you physically, emotionally, mentally?
2. How was the space of service to you?
3. How was the space supportive / challenging?
4. Did you notice any change in your response to the space over time or as the environment/landscape shifted e.g. a change in the weather or temperature, in people or animals/birds coming and going, in leaves rustling etc.?
5. What new knowledge do you have now?
6. How will you understand the (potential) effects of space for a) you and, if relevant for you b) your coaching clients?
7. How could you use space to help you and your coaching clients access their own resourcefulness?
8. Is there anything else...?



**CLAIRE
BRADSHAW**
ASSOCIATES