

Three areas of research

Ecopsychology

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Fellow ISCP (International Society for Coaching Psychology),
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Management Consultant.
Co- founder & Steering Committee member SCP Italy.
Business Coaching Psychology Course Co-director.
Practitioner & Supervision alla pratica del *Corporate Coaching*
(SCOA, 2007-2008)
Iscritta all'Albo nazionale degli Psicologi (dal 1990).



Silvana Dini



*I want to attend to a shift.
From "Take care of yourself." To: "Take care
of each other."*

*And 'each other' includes humanity & the
natural world of which we are.*

*Taking care of each other IS taking care of
yourself, but doing so saturated in
perceptions of interdependencies.*

@Nora Bateson on Twitter April, 22 2020

I am nature.

We are nature.

Healing soil means healing our relationship to ourselves.

Antoinette Klatzky, Twitter 20 aprile 2021



ISCP Italy Research Hub – Kick-off , Zoom July 6th 2021



Coaching Psychology and Ecopsychology

Walking coaching session into green or blue space



Background/Aims/Objectives

The transformations we have been experiencing since 2020 as individuals, communities, organizations, country systems are accelerating the trend - among others - to re-evaluate the importance of the relationship with nature and physical activity for health, individual and ecosystemic well-being and performance. Our purpose is to explore the potential benefits associated with carrying out a coaching session by walking outdoors in a green or blue space.

Methods/Methodology

- Experimental Walking Coaching Group and Control Walking only Group
- Pre and post session self evaluation of the levels of vitality, well-being, creativity
- Self perception pre session of relationship with nature;
- Use of the 5-point Likert scale as a self-assessment scale;
- Duration of activity (30 ');
- Anonymous processing of responses on Survey Monkey platform.

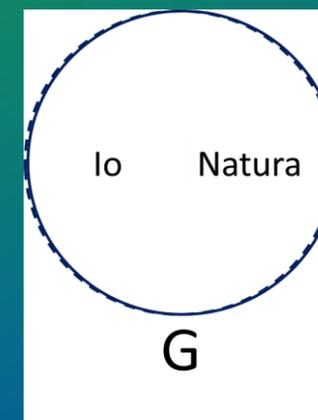
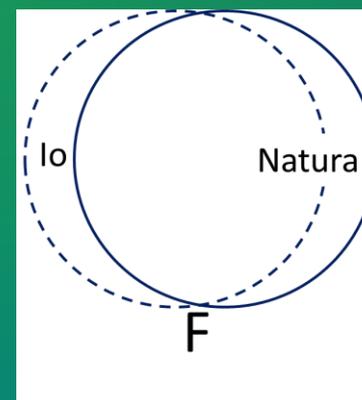
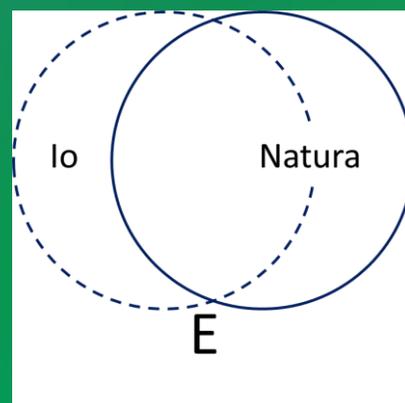
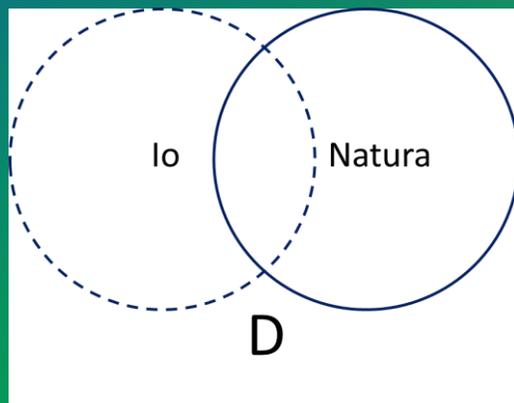
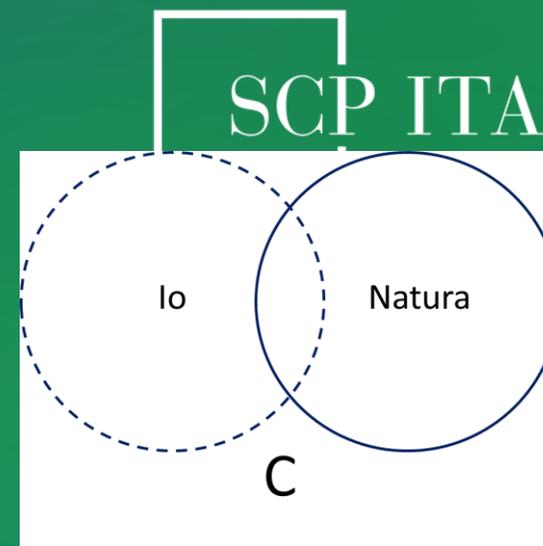
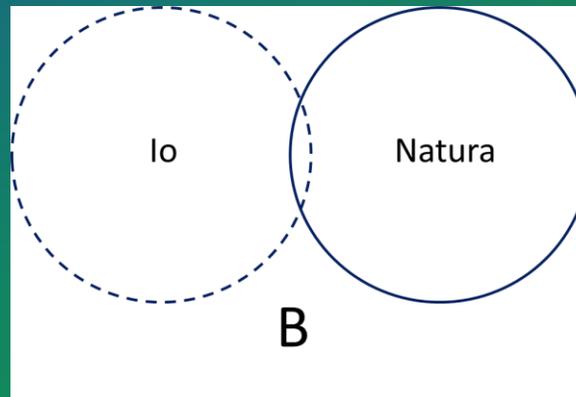
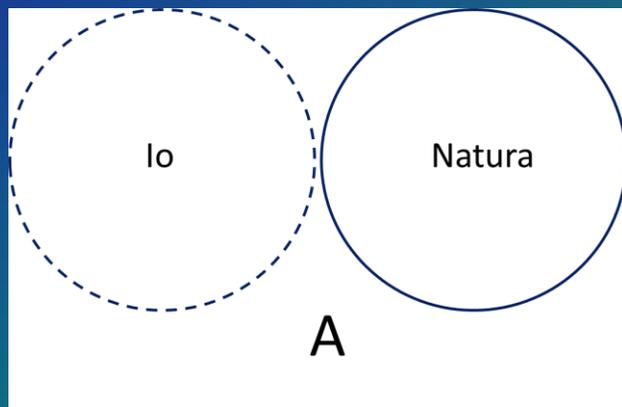
Resources

Collected data during two Peer Practice groups (Oct 2020, June 2021)
Team of 5 Business Coaching Psychologists (scientific practitioners)



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Which best describes your relationship with nature ?



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