

# Positive Steps Outdoors

## A social enterprise



Grade: Easy

### PROMOTING MENTAL & PHYSICAL HEALTH

Facilitating self-care by enabling people to escape to outdoor destinations, engaging in tailored 'green therapy' collectively to benefit their mental and physical wellbeing.



### WE VISIT ICONIC LOCATIONS

Forests and lowland - for a different day out.  
Accessible hill and moorland - for unique experiences.  
Rewarding uplands - for soft adventure.



### WRAP AROUND OPTIONS

Mindfulness, T'a Chi and Chi Kung to enhance connectedness.  
Environmental, flora, fauna, and climate (sustainability goals) awareness.  
Giving back through supporting our partnership with outdoor charities or other social enterprises.  
Learning about geology, history, culture, leave no trace or navigation.



### COACHING

Coaching and strategizing on the move to strengthen individuals and teams and solve problems.  
Building team cohesion, leadership and culture.



### WE PROVIDE

Planning, event leadership & insurances.  
Safety and first aid cover.  
Loan store of basic outdoor equipment (footwear, coats, warm gear, hats, gloves etc)



**VISIT & CONTACT US**

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