



Nature Therapy

The Path to Stress Relief, Mindful Living and Improved Well-Being.



Mindful Walks

Guided mindful walks in Western Australia's beautiful landscape.



Nature Journaling

Creative activities inspired by nature.



Coaching & Mentoring

Be supported to discover your true nature.



Wellbeing Programs

Ecological Self Empowerment Programs to inspire hope and personal action.

Reduce Stress and Anxiety

This is a fresh approach to addressing stress and anxiety. Being in nature can lower cortisol levels and promote relaxation.

Emotional Wellbeing

Nature therapy promotes emotional well-being by offering a space for self-reflection, personal growth, and improved self-esteem.

Social Connection

It can combat social isolation by providing opportunities for group activities in natural settings, fostering social connections and a sense of community.

Quality of Life

It enhances overall quality of life by encouraging a healthy lifestyle, connecting with nature, and fostering a sense of wonder and appreciation for the natural world.



About Belinda McCawley

Belinda McCawley is a highly qualified coach, mentor and facilitator who uses scientifically proven techniques to facilitate positive outcomes for individuals and groups.

Qualifications

- Bachelor of Science, Environmental Management
- Diploma of Management
- Diploma Work Health & Safety
- Graduate Certificate, Sustainable Development
- Certified Environmental Practitioner (CEnvP)
- Registered Meditation Teacher
- Accredited Mental Health First Aider
- International Nature and Forest Therapy Alliance (INFTA) Accredited Forest Therapy Guide
- Diploma of Coaching, Mentoring and Interpersonal Facilitation

PERSON CENTRED

Our customised nature therapy programs are designed to align with the goals, objectives, and requirements of each individual.



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