

This 20 min exercise is designed to help you calm your mind and shift your perspective about a live situation. You let go of the problem and see what arises for you as you take a walk.



## Walk... & experience

Read through this and head out for your 15 minute walk. I find it useful to set a timer so I don't worry about how long I'm walking for.

I want you to walk using your five senses. Notice everything with your:

- eyes - what /who do you see? where do you look to see?
- ears - what do you hear? what do you notice about the sounds?
- nose - what can you smell?
- mouth - how does the air taste?
- touch - what is the ground like to walk on? what can you feel against your skin?

What themes are emerging for you as you walk? Find one thing you can bring back that symbolises your experience of your walk.

When you get back, sit somewhere quiet and consider the symbol you have come back with. If it and all the other experiences of your walk were information about your issue, what does it tell you? Take 10 mins to reflect.

What you need...

- ▶ Somewhere to walk and a quiet space on return
- ▶ Timer (I use my phone)
- ▶ 25 mins of time

To take this exercise to the next level and understand how this relates to your authentic leadership, contact Felicity at [info@bendtheriver.org](mailto:info@bendtheriver.org) or call on 07900 255380