



NATURAL PROGRESS

OUTDOOR COACHING

FOR TEENAGERS



NATURAL PROGRESS
PROVIDES A UNIQUE
OPPORTUNITY FOR
GROWTH, GROUNDED IN THE
CALMNESS AND CLARITY
OF THE OUTDOORS.

WHY IT MATTERS

In today's busy world, young people need time to slow down, step outside, and reconnect — with nature, with others, and with themselves.

*Grow confidence.
Have active fun.
Connect with purpose.*

WHAT EXPERTS ARE SAYING:



“Spending time in nature is good for regulating the nervous system, building resilience, and improving focus and creativity.”

- AUSTRALIAN INSTITUTE OF FAMILY STUDIES

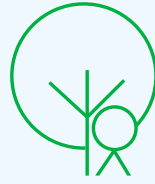


“Children should spend 60 minutes each day doing moderate to vigorous physical activity that makes the heart beat faster. More is better.”

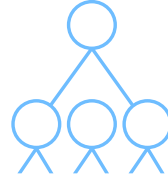
- AUSTRALIAN DEPARTMENT OF HEALTH

PROGRAM SNAPSHOT

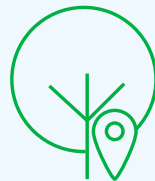
TAKE
HOME
REPORT



Weekly Outdoor Sessions:
Activities & coaching.



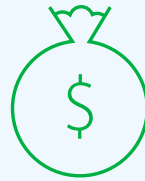
Small Groups:
8-12 participants.



Local Natural Spaces:
Safe, close to school and weather-dependant spaces.



Certified Coaches:
NLP / Integral® Coaching.



\$1000/term:
8 weeks. Payment plans available.



Safety: First Aid certified, Working with Children Checks, aligned with Australian Adventure Activity Standards



WHAT IS OUTDOOR COACHING?

Our nature-based coaching sessions support teens through the challenges of growing up—helping them gain confidence, manage stress, and feel more grounded.

We get active, have fun and explore things like:

- Self-awareness & personal strengths
- Building resilience & handling change
- Social connection & communication
- Setting goals & staying motivated

All in a relaxed, natural environment that encourages reflection, play, and connection.



NATURAL PROGRESS

**REGISTER YOUR
INTEREST:**

naturalprogress.com.au
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