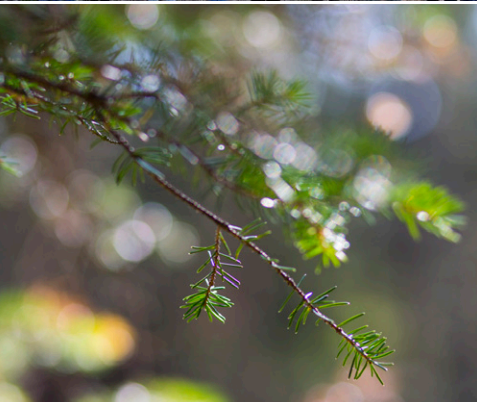


# Forest Fix

*Find balance and solutions through time in nature.*



## Team Building

Book your team on one of our restorative outdoor team building programs that rejuvenate, connect, and inspire.

This boost will be felt for days to come. These outdoor programs are ideal for teams who have not met or need to recalibrate before important conversations. Being in nature is especially helpful during or after stressful periods of time before strategic planning sessions or prior to difficult conversations. By spending time in nature, you activate the creative, innovative, and clear-thinking aspects of the brain leading to better decision making.

**Programs are offered in Calgary, Canmore, Kananaskis, Banff and Lake Louise.**

*"Spending time in the forest was a new and interesting team event for our leadership group. The setting was amazing and Ronna is knowledgeable on all aspects of being in nature. The team enjoyed the experience of a vast natural setting and how the external environment calmed their internal experiences. In each guided segment Ronna provided tied to the previous one and the experience deepened as the afternoon progressed. Ronna leads us into a new form of connection with the forest and in a very personal and individualized way. The team expressed how relaxing and peaceful the time was, how they refocused, and reflected as the forest unfolded around us. One comment that highlights the experience was "I was able to get out of my head, feel with my heart and relax". The team's focus on their business agenda the following days reflected their experience in the forest. With calm open minds, the business objectives were accomplished in less time than was planned despite the fact we had some tough issues to deal with. The team came up with new concepts and ideas with calmness and synergy I had not seen. I would recommend forest bathing any individual and also as a beginning point for business sessions that require focus, and openness towards innovative ideas."*

*– Kandra Dave, The Co-operators*

### To Book Contact:

ronna@forestfix.ca  
403-678-0101



**Ronna Schneberger** has been a professional guide and naturalist in Banff National Park for 30 years. She is an Executive Coach, Forest Therapy Guide and Trainer, and a Yoga and Meditation Instructor. For the past 20 years she has delivered leadership programs privately and through Leadership Development at the Banff Centre. The secret to her successful programs is her ability to partner with nature to help slow people down, and facilitate deep insight, reflection, and integration.