Wildwork

HELPING PEOPLE HELP NATURE HELP PEOPLE

Meadow Management & Wellness for Business

Veri CONNECT

Rialtas na hÉireann Government of Ireland | Tionscadal Éireann Project Ireland 2040

Funded by the Department of Rural & Community Development

Todhchaí Cheantair Thuaithe na hÉireann Our Rural Future

LEADER

The European Agricultural Fund for Rural Development: Europe investing in rural areas

Meet the Wellness Trainer

Lizet Mulder

- *Landscape Architect and Yoga teacher bringing together experience in activating outdoor public spaces with community educational events.*
- *Passionate about people creating healthy outdoor spaces*
- *Experienced outdoor educator for young and young at heart.*

Locations

This training course was offered in two parts.

Part 1: Meadow Management as Wellness Tool sessions were hosted in **Haulbowline Island Park** by Will O'Halloran and Karen Loxton

Part 2: Wellness Tools for Business -Taster sessions were hosted in 5 business locations across South Cork by Lizet Mulder.

- **Praxis - Carrigtwohill**
- **Gilead Sciences - Carrigtwohill**
- **Pfizer- Ringaskiddy**
- **Thermo Fisher - Curraghbinny**

Delivery

Delivery Wellness Lunch Hour Taster Session:

- On company premises.
- 45min - 1hr offered to 2-4 groups per company.
- Experiential learning through group discussions and individual exercises.

Meadow Management:

- *2 hour session offered to 2 groups during October.*
- *At a Wild Work managed public amenity.*

Part 1 – Meadow Management for Wellness

- Exploring the meadow plants and seed heads at the end of summer- first week in October 2022

- Discussing the ecological- and health benefits of managing a biodiverse grassland.

- Introducing the traditional tools and maintenance of making hay.

- Practice cutting with a Scythe
- Benefits and care moving meadow cuttings to woodland cover.

Meadow Management - Haulbowline Island Park







Part 2 - Wellness for Business

Lunch Hour Taster Session

- **Locate our favorite wild places** around where we live and work.
- **Taking time** to note nature's sounds around our workplace.
- Exploring pathways that **welcome people to sanctuaries shared** by birds, plantlife, pollinators.
- **Adopting and adapting activities** for outdoor wellbeing.
- **Sharing nature's nourishment in a group.**

Exercises to Explore in the Online Toolkit

- **Shift in Perspective**
- Story of Wolves: becoming the change in the ecosystem
- Facing Ecophobia and Climate Anxiety

- **Resourcing Nature**
- Business Case for Wellness
- Conversation with a bee loving forester
- Honorable Harvest
- Wild Plants for Wellness

- **Adapting Behaviours**
- Sit Spot Practice.
- Rethinking Office Recycling
- Healthy postures at your desk
- Wellbeing Action Plan

- **Tools for Wellness:**
- Plant Wildflowers for People & Pollinators
- Make your own Seed paper.

Praxis - Carrigtwohill

Gilead Sciences - Carrigtwohill







Thermo Fisher - Curraghbinny





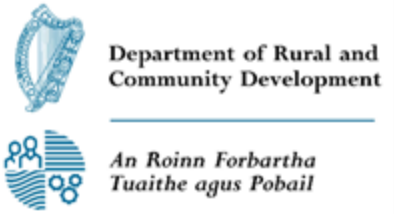




Pfizer- Ringaskiddy

A heartfelt appreciation for all the people **who work with purpose** in their companies, and who took the time from their busy day **to share the outdoors.**

“In every walk with nature one receives far more than he seeks.” – John Muir



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Introduction to Wild Work

Public lands

Online Complementary toolkit

Wild Work in Action

Wellness in S. Cork
Biodiversity Corridors in W. Limerick
Seed Saving in Cavan
Citizen Science in W.Cork

Maybe more...

Virtual Reality Experience

Junior Wild Work Toolkit