



Adaptable By Design

Information Sheet

About Us

We strengthen the bond between individuals and their connection with nature to elevate wellbeing.

By introducing techniques and practices that support a natural ability to adapt and elevate wellbeing, individuals reconnect to their natural self and establish new patterns of resourceful thought and behaviour. In doing so, they overcome problems, build resiliency, and sustain an elevated sense of wellbeing.

This inspires pro-environmental and -conservation behaviours that support the vitality of the natural world.

Our Vision

With sustainable, science-backed, nature-based solutions and respectful interactions with others and nature, we will elevate the wellbeing of all, support the vitality of the natural world, and establish these practices as the standard of human activity, health, and wellbeing.

Our Mission

To introduce sustainable, natural solutions that build vital connections with nature and elevate mental, emotional, physical, social, and spiritual wellbeing, and support the vitality of the natural world.

Adaptable By Design

Elevate Wellbeing

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Services & Programmes

Forest & Nature Therapy, Nature-Focused Coaching, Neuro-linguistic Programming, Forest Bathing, Workshops.



reN8ture is a self-referral programme. Its holistic, dynamic approach elevates wellbeing through nature connectedness and supports the ability to adapt to the conditions of modern society.



Outside, In is a workplace wellbeing programme introducing nature and nature experiences for elevated wellbeing, performance, creativity, and communication.



Public Speaking

Topics include:

- Nature Connectedness
- Nature-based Methods for Wellbeing
- Nature Therapy for Menopause
- Respectful Ecotourism

We recently presented the benefits of developing nature connectedness to a group of coaches with TaskHuman.



Why Our Work Matters

Nature Connectedness matters because it is the foundation of wellbeing. By developing it, we experience:

- Elevated emotional, mental, physical, social, and spiritual wellbeing,
- Increased cognitive function,
- Increased happiness and pleasure,
- Increased sense of self and purpose,
- Taking pro-environmental and pro-conservation action.

Featured in [Humans of Fuzia](#), [Suffolk Free Press](#), [Bury Free Press](#), [Newmarket Journal](#), [East Anglian Daily Times](#), [Eastern Daily Press](#), [Thetford & Brandon Times](#), [Yahoo News](#), and [BBC Radio Suffolk](#) with [Wayne Bavin](#).