



# Re-connect, Re-charge and Transform!

## Leadership & Team Development Experiences 2023

### Lead Well—It's in Your Nature!

#### 1. Activate Your Strengths

- Strengthen your team and performance by better understanding individual and collective strengths, and how they complement each other (using CoreStrengths® or CliftonStrengths)
- Improve ways of working and communicating together.

#### 2. Clarify Your Vision and Values

- Develop a clear vision/ mission and set of values for your team/ organization—your “navigation system” on your collective path to success
- Design a team agreement that brings your vision and values to life.

#### 3. Lead with Courage and Purpose

- Set intentions that ignite your passion and purpose—in your leadership, career, well-being and relationships
- Clarify your personal vision & values, to lead with clarity and confidence and inspire action
- Discover your authentic leadership style by connecting with your Inner Leader and outsmarting your Saboteur/s.

#### 4. Convene Courageous Conversations (Conflict and Coaching Skills)

- Learn core coaching skills and how to give feedback, express needs and set boundaries
- Turn conflict into opportunity and move from “difficult” to courageous conversations, enhancing belonging, inclusion and connection
- Strengthen relationships and teamwork by communicating with clarity and care, applying effective frameworks, coaching and communication tools.

#### 5. Lead & Thrive through Challenge and Change

- Support yourself and others in facing challenge and change, with confidence and resilience
- Learn change models, apply coaching tools and practice mindful self-care and wellbeing strategies, inspired by nature.



# Nourished by Nature: Putting the Thrive Back into Your Life!

## 1. Re-charge and Re-connect: Forest-Bathing “with a twist”

- Re-charge and (re-)connect with yourself, with others and with nature, enjoying mindful movement in fresh air and beautiful greenery
- Guided by an overall well-being theme (e.g., Resilience, Growth), explore and cherish nature's beauty and the four elements with all your senses—individually and in small groups
- Leave feeling re-connected, re-energized and empowered!  
*Special accessibility needs can be accommodated.*

## 2. Vinyasa Yoga: Flow Power-fully Outdoors

- Refresh and re-energize with a flowing yoga sequence outdoors, inspired by nature's sights and scents
- Guided by an overall wellness theme (e.g., Empowerment, Compassion), activate your body, calm your mind and uplift your spirit
- Leave feeling more vital, balanced and strong  
*Customized sessions accommodate a range of abilities and experience levels.*

## Delivery Options

- Workshops and coaching programs (groups, teams and 1:1)
- Customized and modular (stand alone and “mix and match”), to meet specific needs
- Outdoors, indoors, online and hybrid. (2 hours, half day, full day and multi-day options)

## More Info

Please reach out with any questions, or to explore how we may collaborate to serve you or your team: [ibudke1@gmail.com](mailto:ibudke1@gmail.com) or 604.224.5737. More info at [www.IsabelBudke.com](http://www.IsabelBudke.com)

## About Isabel



Isabel Budke (PCC, CPCC, MRM) is a certified leadership coach, trainer, yoga instructor and search & rescue leader with two decades of experience in Education, Health, Outdoor Recreation and Sustainability. She also holds certificates in Leadership & Conflict Resolution, CoreStrengths®, Coaching Out of the Box®, MBTI® and Prosci®. Isabel helps leaders, teams and organizations navigate challenge and change, grow and transform—inspired by nature's resilience and beauty. Experiences curated by Isabel integrate head, heart and body—creating clarity, courage and momentum. A seasoned mountaineer and yogi, Isabel loves exploring wild places and high peaks as well as the inner landscapes of our hearts and souls.