

DESIGN YOUR
REGENERATIVE LIFE
USING NATURE
AS YOUR GUIDE

Sarah Spencer



WHAT WE'LL COVER IN THIS WEBINAR



why modern systems (and the mindsets that underpin them) aren't working and are making us sick and unhappy (and the planet sick too)



how natural principles are the new 'rules for life' (we'll explore a few essential ones)



how a new nature-inspired, regenerative paradigm is emerging (and what that looks like for you and the world)



why taking an active, conscious approach to designing your life is now essential (and the alternatives if you don't)



the 3 stages on any regenerative journey



the design cycle we can all use to design the regenerative life that we want



Questions and Answers at the end



FREE WORKSHEETS WITH THIS WEBINAR



REPLAY

PDF DOCUMENT WITH SLIDES AND WORKSHEETS



WHAT IS REGENERATIVE?

Regenerative living is the latest next big thing, with a 3.8 billion year track record.

Regenerative means learning from the rules that allow all living beings to thrive (that's us too!), such as healthy growth, adaptability, resilience, living with purpose, valuing diversity, re-using rather than throwing away and being good ancestors.

In short, regenerative practitioners create conditions conducive to life.



THINK LIKE A TREE THINK LIKE A TREE NETWORK

Regenerative solutions for:

- Individuals
- Businesses and organisations
- Children and Families

to solve individual, organizational and world problems, using nature as a guide.

Think like a Tree founded 2017
Network started in 2019

Network of facilitators sharing programmes for individuals, families and organisations.



Shortlisted



SARAH SPENCER

MY STORY AND HOW
THINK LIKE A TREE
CAME INTO BEING

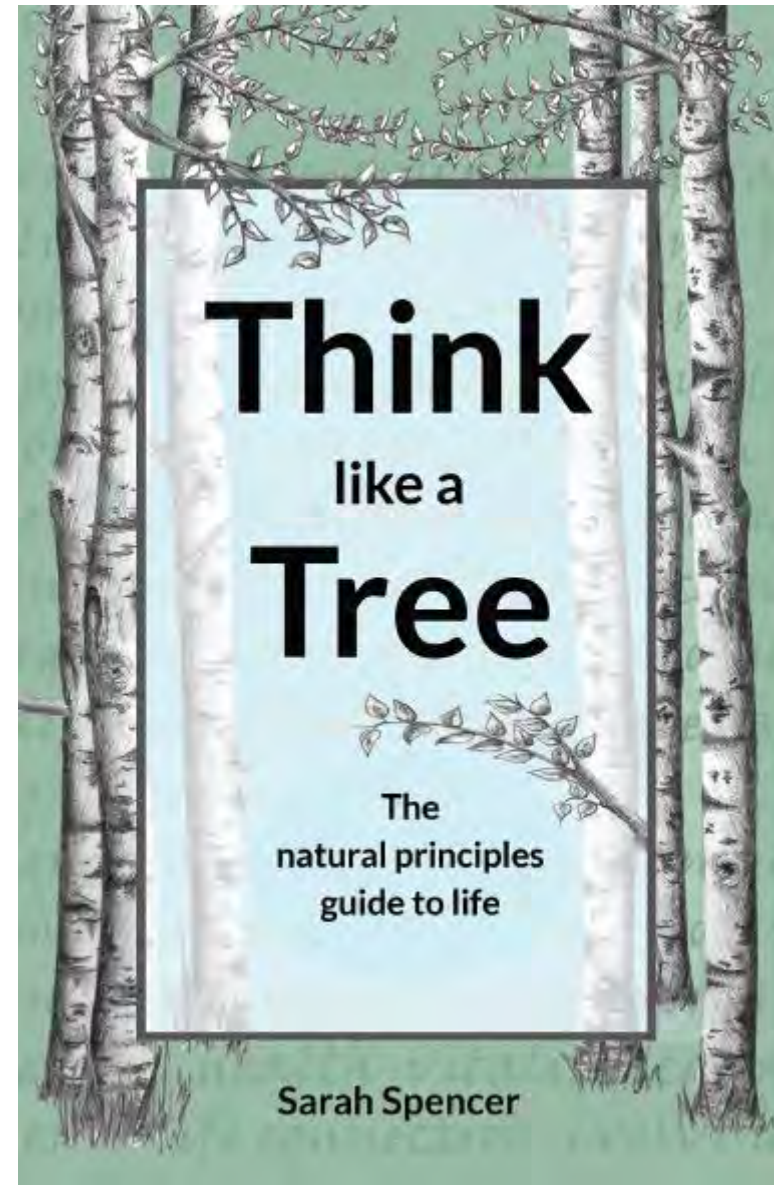


THINK LIKE A TREE
THE NATURAL
PRINCIPLES GUIDE TO
LIFE
BY SARAH SPENCER

“Natural principles as a manual for the modern world”

42 natural principle in 6 categories:

- Observation
- Purpose
- Surroundings
- Connection
- Resilience
- Future



A misty forest path with tall trees and sunlight filtering through the canopy. The scene is serene and atmospheric, with a soft glow of light in the center. The path is covered in fallen leaves and surrounded by lush greenery and tall, slender trees.

A TALE OF TWO WORLDVIEWS

DOMINANT
BUT
OUTDATED
WORLDVIEW

HUMANS SEPARATE FROM
NATURE

PATRIARCHY

BODY AND MIND SEPARATE

INEQUALITY

HUMANS AND ALL LIVING
BEINGS SEEN AS SELFISH

DOMINANCE, HIERARCHIES
AND CONTROL

MECHANISTIC AND
REDUCTIONIST WORLDVIEW

‘A culture’s worldview shapes
Its values – and those
values shape history’

Recommended reading:
The Web of Meaning
Jeremy Lent



RESULT

One in four species are at risk of extinction

Species assessed by the IUCN Red List



Amphibians
40%



Conifers
34%



Reef corals
33%



Sharks and rays
31%



Selected crustaceans*
27%



Mammals
25%



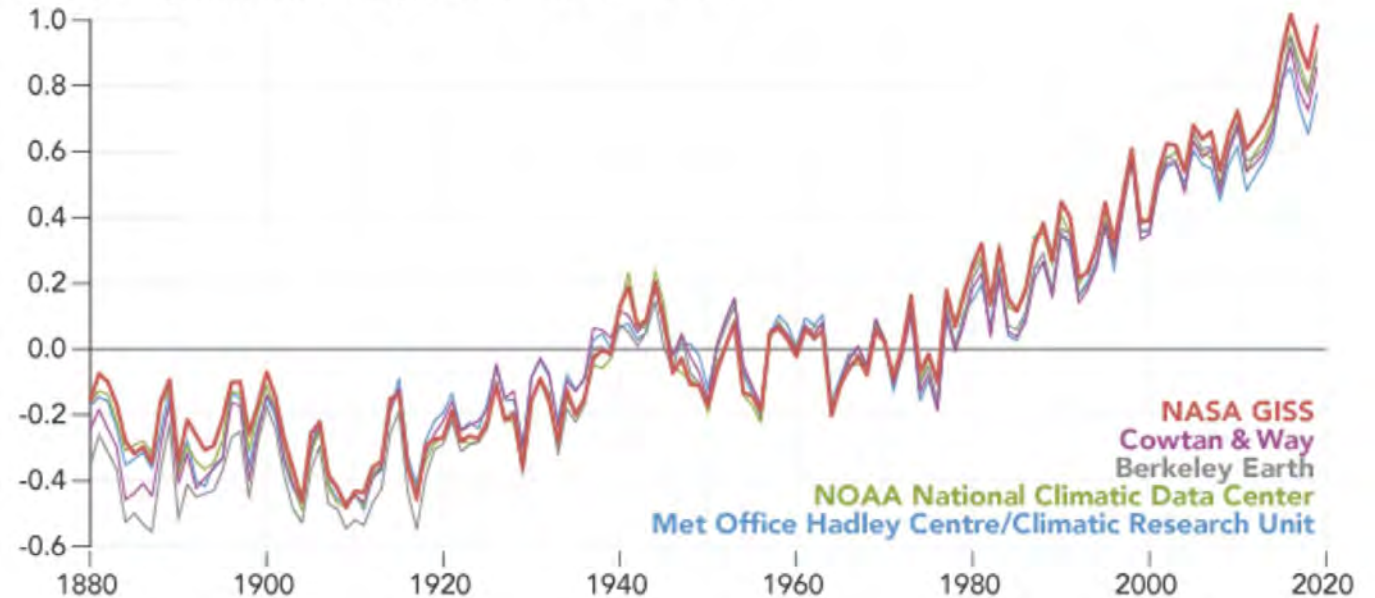
Birds
14%

*Assessed species include lobsters, freshwater crabs, freshwater crayfishes and freshwater shrimps

Source: IUCN Red List of Threatened Species

BBC

A World of Agreement: Temperatures are Rising



How common are mental health problems?

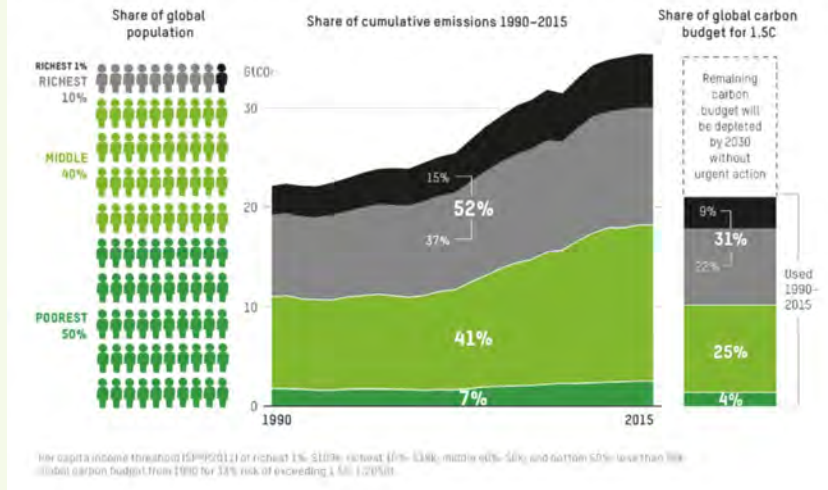
- 1 in 4 people will experience a mental health problem of some kind each year in England [1].
- 1 in 6 people report experiencing a common mental health problem (like anxiety and depression) in any given week in England [2].

Are mental health problems increasing?

The overall number of people reporting mental health problems has been going up in recent years.

- The amount of people with common mental health problems went up by 20% between 1993 to 2014, in both men and women [2].
- The percentage of people reporting severe mental health symptoms in any given week rose from 7% in 1993, to over 9% in 2014 [2].
- The number of young women reporting common mental health problems has been going up [2].

Figure 1: Share of cumulative emissions from 1990 to 2015 and use of the global carbon budget for 1.5C linked to consumption by different global income groups



Source: Oxfam. Confronting carbon inequality 2020



NEW NATURE-INSPIRED, REGENERATIVE WORLDVIEW

HUMANS ARE PART OF
NATURE

BODY/MIND JOINED

HUMANS AND OTHER
LIVING BEINGS
NATURALLY
COLLABORATIVE NOT
SELFISH

HUMAN SYSTEMS ARE
LIVING SYSTEMS

SUSTAINABLE FLOURISHING
OFFERS AN ALTERNATIVE
TO THE COLLAPSE
NARRATIVES FOR OUR
FUTURE

COMPLEXITY, NOT-
KNOWING AND DIVERSITY
EMBRACED

CONNECTIONS ARE AS
IMPORTANT AS
INDIVIDUAL ELEMENTS

RETURN TO OUR TRUE
NATURE



A FEW NATURE-INSPIRED DISCIPLINES



PERMACULTURE

Permaculture is a design process. It helps design intelligent systems which meet human needs whilst enhancing biodiversity, reducing our impact on the planet, and creating a fairer world for us all



BIOMIMICRY

Biomimicry is a practice that learns from and mimics the strategies found in nature to solve human design challenges

Asknature.org



REGENERATIVE BUSINESS

Learns from natural systems to design effective, values-led businesses



THINK LIKE A TREE

Solutions for individuals, families and organisations using nature's wisdom as a guide



3 ELEMENTS OF YOUR REGENERATIVE JOURNEY



Deeply connect with nature



Learn from nature's wisdom



Take action



WHAT DOES A REGENERATIVE, NATURE-INSPIRED LIFE LOOK AND FEEL LIKE?



Unique



Resilient



Simpler



Connected



Purposeful



Thriving



Nurtured



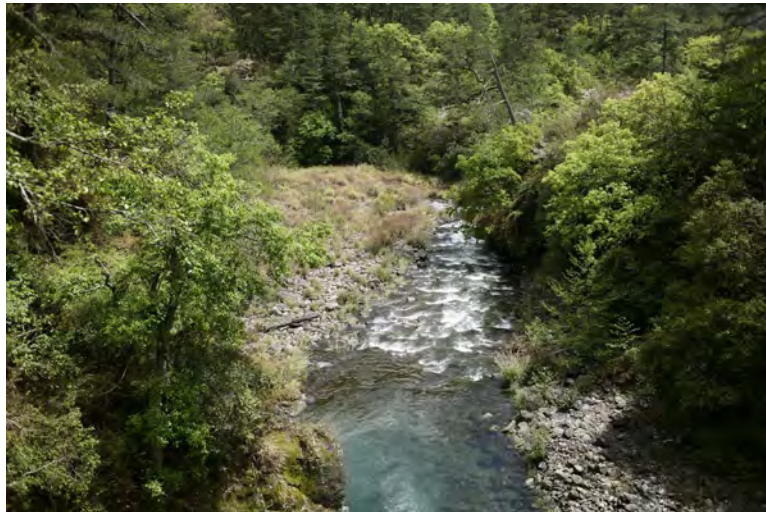
Abundant



STEP THROUGH DISCOMFORT



Use your edge




Embrace complexity and not-knowing



Rewild yourself – allow for emergent properties



A misty forest path with tall trees and sunlight filtering through the canopy. The path is covered in fallen leaves and surrounded by lush greenery. The text is centered in a white box with a thin black border.

**NATURAL
PRINCIPLES
- THE NEW
RULES FOR
LIFE**



Use your energy where
it can have the most
effect





Plan for each need to
be well supported





Learn to heal yourself





Creatively respond to
change





Take time to pause





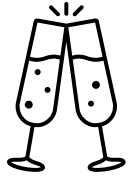
Be a good ancestor



A misty forest path with tall trees and sunlight filtering through the canopy. The path is covered in fallen leaves and leads into the distance. The trees are tall and thin, with some evergreens on the left and deciduous trees on the right. The overall atmosphere is serene and natural.

HOW TO DESIGN YOUR REGENERATIVE LIFE

WHY TAKE A DESIGN APPROACH?



We are all designers
anyway



We are living in a world
that where sense is not
longer common



If you don't design your
life then someone else
will do it for you



THINK LIKE A TREE PROGRAMMES

GROUP IN-PERSON PROGRAMME

ONLINE GROUP PROGRAMME



1 TO 1 PROGRAMME – START ANY TIME





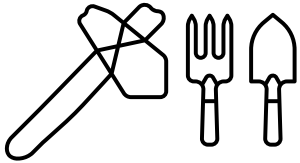
ELEMENTS OF THE THINK LIKE A TREE PROGRAMME



NATURAL PRINCIPLES AND PATTERNS FROM NATURE



DESIGN CYCLE



TOOLS



WHAT CAN THE THINK LIKE A TREE DESIGN CYCLE BE USED FOR? ANYTHING! HERE ARE SOME EXAMPLES:



Health, including chronic illness



Wellbeing, confidence, overwhelm, stress



Relationships



Work-life balance



Planning a new career



Supporting a child, teen or adult dependent



Retirement



Life change





THINK LIKE A TREE DESIGN CYCLE



CASE STUDY – ANNE BRAMLEY

Long career in the NHS
Frustrated with systems and workload
Chronic illness led to early retirement

Think like a Tree programme

- Design for new livelihood after retirement
- 1 to 1 sessions
- Design for new way forward for business
'Wellbeing at Whistlewood'



- Thriving nature-inspired business
- Poly-income approach (forest bathing, forest therapy)
- Collaborative approach – partnership with Derbyshire

Mind and others

- Partnerships with other facilitators
- Dynamic and responsive
- Work in-tune with health – flexible
- Developing new niche – bumps and babies



“This photo really says exactly how I felt before embarking on my first design. The design taught me how to understand nature and trust, even when I didn't know where I was going.”





JOIN THE THINK LIKE A TREE PROGRAMME NOW

Online group programme – next one starts Sunday 5th February 2023

Or

11 – 13 August 2023 at Whistlewood Common, south Derbyshire,
book now

Or

1 to 1 programme – book your free discovery call by emailing
sarah@thinklikeatree.co.uk

www.thinklikeatree.co.uk





THINK LIKE A FOREST – FOR BUSINESSES AND ORGANISATIONS

FREE webinar available on the Think like a Tree blog
– introduction to regenerative business/
organisations

Think like a Forest programme

Or in-house programme

And/or consultancy

www.thinklikeatree.co.uk





TRAIN AS A FACILITATOR

- delivering the Think like a Tree programme to your own audience
 - working with us to roll the programme out within education and other groups
- incorporating the natural principles into your own discipline
- working with other facilitators to develop new programmes

1. Full details on the website
2. Book on a Think like a Tree programme
3. Email Sarah@thinklikeatree.co.uk to express your interest
4. 3 day training 24 - 26 November 2023
5. Plus portfolio

www.thinklikeatree.co.uk



WORKSHEETS

Q AND A

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A photograph of a forest path with tall trees and sunlight filtering through the canopy. The path is covered in fallen leaves and leads into the distance. The trees are mostly deciduous with some evergreens on the left. The overall atmosphere is peaceful and natural.

**MY
REGENERATIVE
LIFE
WORKSHEETS**

WORKSHEET: NOTE DOWN SOME OF THE WAYS THAT THE OUTDATED
WORLDVIEW IS SHOWING UP IN YOUR LIFE AND YOUR WORLD

DOMINANT
BUT
OUTDATED
WORLDVIEW

HUMANS SEPARATE FROM
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PATRIARCHY

BODY AND MIND SEPARATE

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BEINGS SEEN AS SELFISH

DOMINANCE, HIERARCHIES
AND CONTROL

MECHANISTIC AND
REDUCTIONIST WORLDVIEW



WORKSHEET: WHICH ELEMENTS OF YOUR REGENERATIVE, NATURE-INSPIRED LIFE WOULD YOU LIKE TO IMPROVE?
NOTE DOWN IDEAS OF HOW YOU MIGHT ACHIEVE CHANGE



Unique



Resilient



Simpler



Connected



Purposeful



Thriving



Nurtured



Abundant



IF YOU COULD MAKE JUST ONE CHANGE TO YOUR LIFE WHAT WOULD IT BE?

WHAT WOULD YOUR LIFE LOOK AND FEEL LIKE IF YOU MADE THAT CHANGE?



12 regenerative questions to ask yourself this year

(one for each phase of the Think like a Tree design cycle)

Grab a drink, a blanket, a notebook and pens and start to ponder...



What gets in the way of you pausing? What benefits do you gain when you pause? What strategies do you have for slowing down?

Describe a time when you felt most alive. How did you feel? What was happening at that time?

What is your ideal quality of life? Think about all aspects of your life in a connected way.

Who are the key people you can count on to support you? Which relationships and collaborations would you like to nurture?

Which beliefs, mindset, habits and learned behaviors do you need to shift? What will life feel like when you do?

How can you best nurture your innate creativity and innovation?

Which activities boost your energy? Which sap your energy? How can you use your energy where it can have most effect?

Which tools best allow you to plan and manage your daily routine? What changes would allow you to be more effective? This could be techniques, tech, off-line tools etc

When are the optimum times to make the most of your ability to get started and keep going? Think about daily routines and commitments, seasonal factors, energy levels etc

List all your achievements of the last year (including setbacks). Which have you learned the most from?

What is your most pressing need in order to thrive? How can each of your important needs be supported by several different activities, people and elements?

Describe a time you have been resilient, bouncing back after a setback. How can you use the knowledge or your strength to overcome future problems?

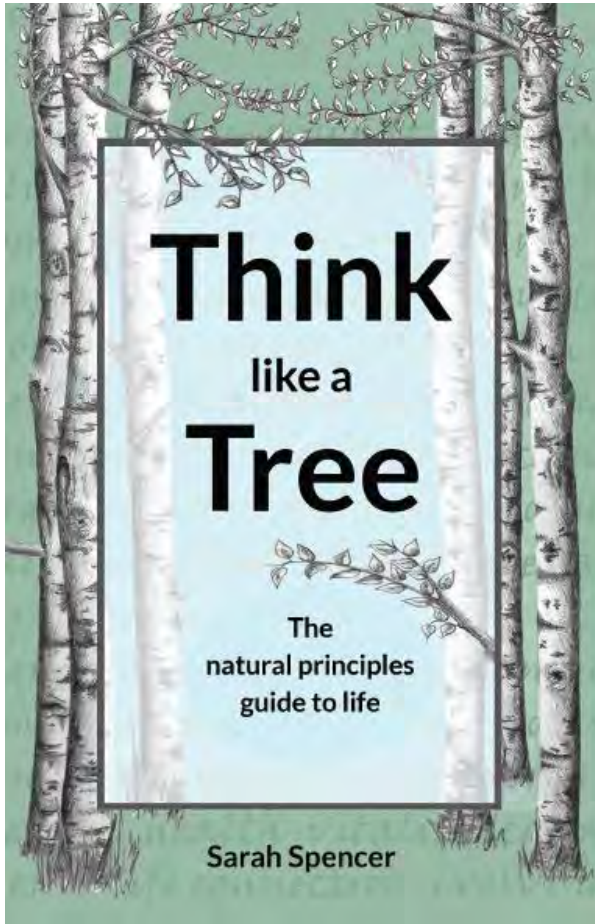
Let us be your guide to design the life you want, with nature as your guide

The Think like a Tree design cycle can be used to design any and all aspects of your life



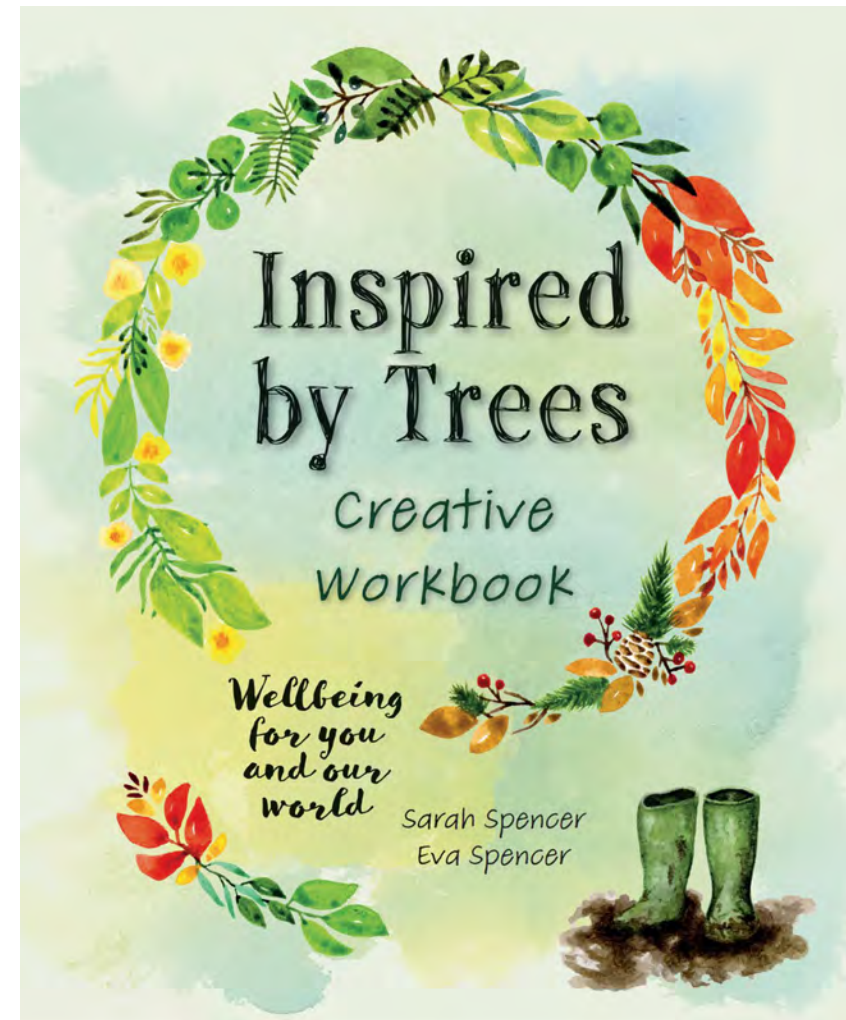
"Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive."

Howard Thurman




Paperback
Ebook
Audiobook

Paperback
Available from Amazon worldwide or
From <https://www.thinklikeatree.co.uk/books/> (UK)



Website only offer both books for £16.99
(Saving £3)
<https://www.thinklikeatree.co.uk/books/>





THANK YOU
FOR ATTENDING
THE WEBINAR WE
HOPE TO SPEAK
TO YOU SOON

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