



WILD RHYTHMS
EARTH • ANIMALS • SPIRIT

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Wild Rhythms Certified Practitioner Training Winter 2024 Cohort

Get certified as a Wild Rhythms Practitioner while designing and launching your signature nature connection program sourced uniquely from your relationship with wild nature and the world of spirit.

I am thrilled to invite you to join the next cohort of the Wild Rhythms Certified Practitioner Training, an 11-month intensive beginning in February 2024!

I am bringing together a small group of healers, coaches, educators, and other practitioners to show you how to guide your clients in sacred nature connection practices to aid in their growth...and to do it from a place of deep grounding in your own practice.

I would be honored to accompany you on your journey of weaving your deep personal love and connection with nature and spirit into **powerful and tangible sacred nature connection programs that can promote profound growth and inspired experiences for your clients and communities...**

...A signature body of work that can serve as the foundation of a financially sustainable business.

And we will do this....

- Without following a prescribed, cookie-cutter way of sharing your love of spirit and nature with others
- Without directives about *how you should* bring this work to your clients
- Without sacrificing your deep connection to wild nature and the world of spirit in support of others
- Without feeling overwhelmed and inundated with nuts and bolts
- And without taking from wild nature without giving something back in return

Our goals over the 11-month intensive are on three tracks -

Track 1 - Deepen Your Personal Practice

- Dive deeply into the continued development and discovery of your eco-spiritual journey by exploring the connections between nature and spirit, communicating with the more-than-human world, and deepening your already strong relationships with the wild places where you live and work.
- Discover new ways of engaging with your wild naturalist self.
- Engage with the world of spirit and gain insight and wisdom from this connection.

Track 2 - Gain the skills and philosophical foundations of nature connection

- Explore rich, deep, philosophical foundational concepts supporting the relationship between people and nature that can enrich your experiences and those you offer your clients.
- Dive into deep ecology, ecopsychology, spiritual ecology, ecological identity, personal naturalist skills, and diversity and inclusion work related to nature connection (among other bodies of work) to set you up to be a credible and highly effective nature connection practitioner.
- Give your work foundational "teeth" and credibility not always present in nature connection programming by becoming familiar with and embodying these deep philosophical foundations.

Track 3 - Solidify, design, and implement your own body of sacred nature connection work

- Solidify (or revise) your vision and plan for your unique sacred nature connection work.
- Receive support in program design and implementation, facilitation techniques, evaluation, and program revision to fully offer this valuable work to the world with confidence, ease, and clarity.
- Strategize an income plan so your sacred nature connection work can support you and your business now and in the future.

This program is a pathway to weaving your eco-spiritual self into your own innovative, personal, and inspired body of sacred nature connection work that will offer your clients and communities the opportunity to transform further, heal, and develop deep connections with wild nature.

How it Works:

We will engage with these goals through group cohort work, including reading and video discussions, field-based activities, reflections and sharing, and a Mastermind component. You will also receive feedback on written work such as program outlines, client materials to support your programs, etc.

Additionally, you'll get eight private sessions with me to support your journey. The first session will focus on nature-based spiritual coaching and guidance to clarify your vision for your time in the program. The final session will support you in strategizing steps for your nature connection work after graduating from the program. The sessions in between will help you dig into your eco-spiritual journey and create and revise your signature sacred nature programming. As a participant in this program, you are also welcome to purchase additional private sessions at a significantly reduced rate should you wish to have more than the eight already included.

During this program, you will create a personal and professionally relevant portfolio of your reflections, program designs, and field-based work. This portfolio is required for certification and, more importantly, will tremendously support you as you create, offer, grow, and share your body of work with others.

This course will result in you becoming a Certified Wild Rhythms Practitioner and enable you to continue the journey by attending the annual advanced practitioner retreat and applying to the year-long private apprenticeship program if you choose.

And...you will not be doing this work alone! We will be on a journey together as a group, sharing, brainstorming, problem-solving, and generally inspiring each other.

This is a high-touch, small, cohort-based program. I am keeping it small so I can have the time to get to know each of your journeys and bodies of work and support you all along the way. Plus, you will get a TON of support from me on your journey...personally and professionally.

Part of the beauty of working in a cohort is that you will learn so much from each other. Each person has a wealth of experience and insight, and often, when working together, we can learn things we did not even realize we needed to know. Being in a professional group with like-minded souls committed to creating beautiful, sacred nature connection work is a true gift and a fantastic opportunity!

During the program, we will meet for regular live group Zoom gatherings and private sessions.

We will also have an online community (don't worry, this is NOT on Facebook) to share resources, get feedback on documents, find all the videos and support materials, and continue the group discussions between our Zoom sessions. Based on that month's content, I will post about two discussion posts each month to keep our conversations going outside of our Zoom gathering. Please note engagement in these posts is a required part of certification. However, the discussions are FUN and inspiring, so that it won't feel like busy work.

This certification process will not only give you additional proficiency in the foundational skills you already have, but you will also gain substantial additional skills and insights. You will birth or revise your unique style and body of sacred nature connection work into the world and launch it for your clients.

At its core, Wild Rhythms Practitioner work creates a solid foundation in your eco-spiritual journey so you can orient yourself as a practitioner from a place of deep collaboration with wild nature and integrate the more-than-human voices and world of spirit into your nature connection work. Wild Rhythms Practitioner work is rooted in Nature-based Spiritual Arts (™), a body of work focused on our deep and sacred connection with the wild earth, the more-than-human world, and the world of spirit.

The schedule...

We will have monthly Zoom calls on Tuesdays from 4:00 – 5:30 PM MST (approximate time...might be slightly shorter some weeks depending on group discussion. Also, we will switch to MDT after the US time change on March 10, 2023, and back to MST on November 3, 2024).

Monthly Zoom call dates:

- February 6, 20
- March 5, 19
- April 2, 16
- May 7, 21
- June 4, 18
- July 2, 16
- August 6, 20
- September 3, 17
- October 1, 15
- November 5, 19
- December 3

If I need to change one of the dates mentioned above (unlikely, but possible), I will notify you as early as possible, and I will reschedule at an alternate time (likely another Tuesday during the month when we are not already scheduled to meet).

You will schedule your private sessions individually, and I may add guest workshops at alternate times if opportunities arise. I will give you advance notice and record the workshops when that happens.

What is the investment to participate?

As a member of the Winter 2024 cohort, you have a few options for ways to pay.

The course tuition is \$5000, payable in 10 monthly payments of \$500/month.

Early-bird enrollment runs through Friday, January 12, 2024. The early-bird tuition is \$4,500, payable in 10 monthly payments of \$450/month.

You are also welcome to pay the full tuition up-front (no refunds available). The single-pay tuition is \$4250.

I also recommend setting aside \$100-\$200 for required and desired reading materials you will order independently.

Is this program worth it?

During this program, you will design profound and innovative work that genuinely fits your vision for your business, and this program will certify you to become a Wild Rhythms Practitioner. You will gain the skills, confidence, credibility, and the opportunity to create robust and impeccably designed, spiritually infused nature connection programs for your clients. This work will be so uniquely yours that you can feel GREAT about sharing it with others and charging what you want for it as you offer your innovative work to the world.

It would be very reasonable to assume you'd earn your investment back and more, maybe even during the certification program itself. Either way, it creates the foundation for robust business growth moving forward.

But it is not just about earning back your investment. It is about expanding your offerings to your clients, creating a unique body of work that sets you apart from others, and creating a foundation upon which you can build innovative and transformational nature connection programming for years to come.

It is also about deepening your eco-spiritual path, clarifying the vision for your work, and stepping fully into the wildly aligned nature connection practitioner you are at your core. Investing in this program is about investing in the world you are helping to create by offering your gifts fully.

So, how do I join?

If you are ready to apply or have additional questions, please email me at deb@wild-rhythms.com, and we will move to the next step. I would be truly honored to work with you as you continue to bring your beautiful work to the world!

One last thing...

Your results are very important to me. To ensure that I can give each participant a lot of individual support and that you can get to know the other participants and share ideas and insights, this program is limited to approximately 12 folks.

So, if you are ready to develop your sacred nature connection work with your clients and communities, I would love to work with you! Please contact me ASAP to get the application process going.

Thanks so much for your interest!

In wildness,

~Deb

P.S. Enrollment for this program will be open until all the spots are full. If any spots remain, enrollment will officially close one week before the program begins in February.

FAQ's:

Q: Do I have to attend all the Zoom gatherings live?

A: While the Zoom gatherings are recorded, making these sessions live and participating with the group will be most beneficial. That being said, it is doubtful everyone will make them all. To accommodate life and unexpected conflicts, you can miss a total of five Zoom gatherings and still meet certification requirements.

Q: How is this program different from certifications like Forest Therapy/Forest Bathing or nature-based therapy?

A: While field-based activities and explorations are indeed a part of this training...a significant part, the focus of this program is primarily on supporting you to weave together your gifts, passions, and skills into your own signature body of nature connection work as opposed to learning the techniques to offer work created by other people or organizations. This training prepares you to collaborate with wild nature, the world of spirit, and the more-than-human world to create programs unique to you and the places where you work. Other certifications and training like forest bathing, nature-based therapeutic interventions, wilderness guiding, etc., are excellent complements to this program as they are part of your experience and toolbox and have influenced you as a professional. They are a part of your journey and can be very helpful to you as you create your own signature body of work!

Q: Is there an option for an extended payment plan beyond the 10-month plans already offered?

A: I am happy to discuss an alternative 12-month payment plan to make this course more accessible.

Q: This sounds like a course for a more advanced practitioner. Are there any prerequisites to enroll?

A: While this is a cohort-based course, it is also highly personalized. Whether you have been offering nature connection work for years or are just starting, this course will meet you where you are and help you build from there. The application process will help ensure this course can meet your needs regardless of your experience.

Q: Aside from our Zoom gatherings, how much time will this course take me each week?

A: You can sink into this work deeply and take as much time as you want, but at minimum, I suggest you devote 2-3 hours each week to course-related activities outside of our meeting times.

Q: What is included in the online community?

A: The online community platform will serve as the hub for all things related to this course. It will house the schedule of events, resource lists, discussion forums, Mastermind forums, supplemental videos, and inspirational materials. It will also be the primary way we communicate privately during the course.

I can also provide support and coaching between our Zoom calls via written feedback or videos on the online platform. It is super slick!

About a week or so before we begin, I will send an invite so you can join the online community, watch the orientation videos, and introduce yourselves to each other.

And...I have heard from many folks over the years that they do not want to engage with Facebook or other social media platforms to participate in a course. I agree with this; the community I am using for this course is Circle. It is a lovely, clean format that is relatively intuitive.

Q: What additional skills will I learn?

A: During this training, we will build upon your life experience and learning. In addition to what was already mentioned in this letter, you will:

- Learn to engage in and facilitate deep ecological identity work
- Build upon your experiences communicating with the more-than-human world and learn specific facilitation techniques for this work you can use with your clients
- Weave multiple ways of knowing into program design
- Apprentice with wild nature and weave these experiences into your work
- Learn and experiment with numerous techniques for connecting with the world of spirit for guidance and collaboration in your program design
- Create a personal, life-long wild naturalist plan
- Design, experience, and facilitate varied field-based activities to enliven your journey and also add to your nature connection work
- Become deeply familiar with your facilitation style(s) and how to create programs to work within your style
- Learn ways to design programs for diverse audiences
- Gain skills in evaluating and revising programs
- Be supported as you market and enroll folks in your program
- Experiment with expressive nature-based art to help your program design

This training is rooted in Nature-based Spiritual Arts™, and the related components are included in this course in various ways. You can read about Nature-based Spiritual Arts here:

Q: What is required to be certified as a Wild Rhythms Practitioner at the end of this intensive?

A: To receive certification and all the benefits therein, you will need to attend at least 16 of the 21 Zoom gatherings live, participate fully in the online discussion forums, complete all components of the personal portfolio, and design (or revise), implement, and review some element of your sacred nature connection work. You also must complete the eight private sessions. We will work together to determine which part of your work makes sense to focus on during the course, and I will be walking with you the whole way!

Q: What are some examples of sacred nature connection work created by past clients?

A: Previous course participants have woven their brand of sacred nature connection work into the offerings for clients in many different and creative ways! One client created a program combining exploring the spiritual meaning of beauty in nature with a journaling writing practice. Another client is working on weaving nature connection work into her homeopathy practice. A few clients who are forest bathing guides have created additional nature connection offerings to share with their communities. Therapist clients have created outdoor immersion trips and indoor workshops to support their private clients. The possibilities are truly endless! These are just a tiny sample of the amazing work people in the Wild Rhythms Practitioner training have created or are in the process of creating.

Q: This course seems to require a lot of personal organization and leadership. What do you recommend for full engagement?

A: Yes, indeed! This course is a professional-level training akin to a graduate-level cohort course. It is full of inspiration, challenges, resources, insights, and more to help you move your beautiful nature connection work into the world in new ways. As such, this course requires a lot of focused engagement. It is not at all a passive journey of watching videos. This exciting "roll-up-your-sleeves" course will engage your mind, heart, and soul as you embark on field-based work, personal reflections, readings, and program design. It is a course for nature connection practitioners who value their professional contributions and are willing to work to make things happen. The more you put in, the more you will get out!

Q: I am unsure what kind of nature connection work I want to do; will I still benefit from this program?

A: Absolutely! This program might be just the ticket to help you figure out how you want to share your love of wild nature with others. This program is balanced between you deepening your own practices and exploring what and how to share these practices with your clients.

Q: How inclusive is this group? Who is welcome?

A: This group is intended for women, men, trans, and non-binary people interested in exploring their sacred connection to nature. We welcome Brown, Black, Indigenous, and all other People of Color and everyone in the LGBTQIA community. Recognizing that sacred connection to nature is a very personal endeavor, we welcome diverse viewpoints and feel they enrich the overall experience for the group. Group agreements, various facilitation strategies, and a zero-tolerance policy for any hate speech support this goal of creating a safe, welcoming, and inspiring container for all participants.

Q: Will I learn wilderness first aid, risk management, and how to protect myself legally as a nature connection practitioner?

A: During this course, you will learn about areas of consideration to offer nature connection work to your clients. We will discuss components such as first aid, insurance, liability, land permits, etc. You will walk away with an understanding of areas you have covered and others you may need to develop further. Things like first aid training and risk management planning are outside the scope of this course. Legal concerns will need to be discussed with your small business lawyer. However, I will point you to resources where you can get the training and information you need.

Q: Am I a good fit for this program?

A: This program will focus on developing your practices and applying your experiences to your work with your clients and communities. You will best be able to benefit from this program if you currently work with others or are in the active process of creating opportunities to work with others. If you are looking for support for your personal process exclusively and have no intention of working with clients or community groups, let's chat about other ways I might support you in your journey to a deeper sacred connection with wild nature.

Ready to apply? Just follow the steps below...

Step 1: Read this info letter and let me know if you have any questions. You can reach me at deb@wild-rhythms.com. I will answer any questions you may have and also send along the application form.

Step 2: Submit the application form. This is an online form that will take about 15-20 minutes to complete.

Step 3: Once your application form has been received, I will send a link to schedule a 30-45 minute Zoom call so we can chat further and make sure this program is what you are looking for now. This is also another chance to get any additional questions answered so you can make the most informed choice.

Step 4: I will send along the enrollment forms and payment options once the Zoom call is complete. Once you submit all those forms and your payment, your spot in this program is reserved!

Words from a graduate of the Fall 2023 Cohort:

“When I joined the Wild Rhythms Certified Practitioner course with Deb Matlock, I felt reasonably acquainted with Nature Connection literature. Still, Deb's course introduced me to several resources and perspectives I hadn't come across before. The small group setting was one of its strongest assets, creating a comfortable environment for everyone to share and connect. Deb's consistent provision of articles, books, and materials consistently added value to our sessions.

What truly stood out for me were our one-on-one interactions. Deb is a veritable reservoir of knowledge and experience, always presenting material that piqued my interest and resonated with my journey. She seamlessly transformed from a guide to a fellow traveler, allowing me the time and space to explore my own process. While I commenced this course with a set direction in mind, Deb's guidance allowed me to delve deep, realign, and embark on a path I hadn't envisioned initially. This change in direction, supported by Deb's guidance, was both surprising and fulfilling.

Today, as I stand on the other side, I am filled with gratitude. I am more connected, more rooted, and surer of my path. I wholeheartedly recommend Deb Matlock and the Wild Rhythms Certified Practitioner course. This course is a thoughtful blend of knowledge-sharing and personal exploration, which I'm glad to have experienced.”