

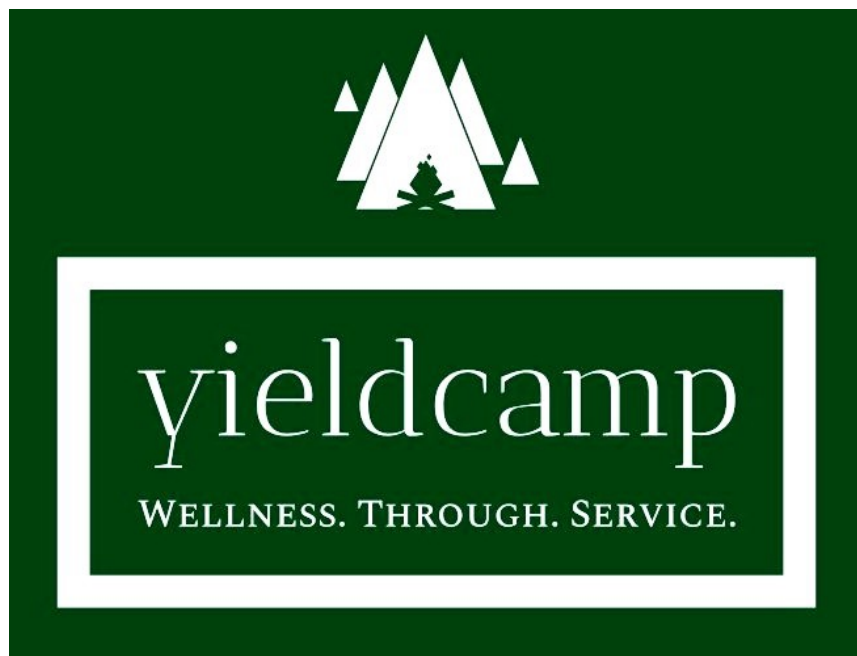
[yieldcamp.org](http://yieldcamp.org)



# EnvironMental Stewardship

Experiential & Didactic Therapy

*Creation Informed Care*

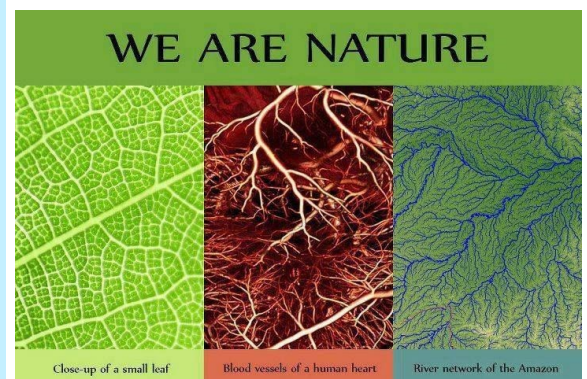


WE LEARN TO *YIELD* TO OUR ENVIRONMENT AND WORK WITHIN ITS LIMITS  
AS WE ARE TRULY POWERLESS AGAINST THE FORCES OF NATURE.

UNDERSTANDING THAT WE ARE ALL CONNECTED AND DESIGNED TO  
WORK IN CONCERT WITH NATURE HELPS TO ACCEPT THE POSSIBILITY OF  
AND SOLIDIFY BELIEF IN A HIGHER POWER.



**EnvironMental** health & wellness takes  
nature facts, science and conservation  
best practices to better learn how to care  
for, manage and sustain our entire self.







**Nature Walks  
for Forest Bathing & Immersion**



**Nature Stewardship as wellness for  
increased connectivity**

**OUR INTERACTIONS WITH NATURE TEACH US HOW TO YIELD TO AND WORK WITH OUR SURROUNDINGS, HELPING TO RELINQUISH LEVELS OF CONTROL**



**EnvironMental conservation**



**Archery as meditation**



**Community Partnerships  
for enhanced experiences**



**Overnight wellness retreats and  
nature based enrichment workshops**

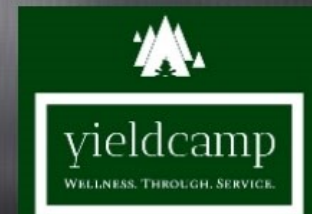


Every plant on the planet is either a tree, bush/shrub, vine or herb and a healthy forest contains all 4.  
#message

	Who's a part of your healthy forest?
 <b>Trees</b> Provision Authority	_____
 <b>Bushes/Shrubs</b> Protection Safety	_____
 <b>Vines</b> Restriction Correction	_____
 <b>Herbs</b> Nourishment Nurturing	_____

identifying these roles in your team, family or friend group is essential.

knowing which one you are helps clarify your role.



## What is EnvironMental Stewardship?

*Hands-on interaction with nature through stewardship and conservation using industry best practices and outdoor recreation to create wellness strategies.*

**If it works in and for our natural environment it will work in and for us too.**

In addition to receiving all of the benefits that come from immersing in and directly interacting with nature, we are also able to extract life lessons, strategies and understandings that lead to holistic health and wellness tools.

**ACCEPTING EXTRACTED LIFE LESSONS HELPS TO REVEAL OUR MORAL BASE.**

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	gifts and vocations
 <b>Trees</b> Provision Authority	Leadership Teaching CEO/Principle Manager/Supervisor Therapist/Counselor Coach/Mentor
 <b>Bushes/Shrubs</b> Protection Safety	Helper Server First Responder Attorney/Mediator Life Guard/Security I.T./Tech support
 <b>Vines</b> Restriction Correction	Prophecy Mercy Judge/Chaperone Code Inspector Quality Control Human Resources
 <b>Herbs</b> Nourishment Nurturing	Empath Encourage Social worker Minister/Priest Nurse/Doctor Teacher/Parent

Romans 12:6-8

# STEWARDSHIP IS THE SECRET

*"Stewardship buy's favor that money can't afford" - yieldcamp*



## Benefits of Nature:

Reduce stress and anxiety. Improve mood.  
Creates sense of belonging. Exercise



## Benefits of Volunteering:

Reduce stress and anxiety. Improve mood  
Creates sense of belonging. Exercise

do good.  
feel good.  
be good.



**PICKING UP TRASH FROM OTHERS HELPS US REALIZE HOW OTHERS HAVE  
HAD TO PICK UP OUR TRASH AND HELPS US TO ADMIT OUR WRONGS.**



# How we work

- We will meet at a local park or green space that is the most convenient for you.
- Our sessions will last 2, 3 or 4 hours long, depending on what works best with your programming and budget.
- We can also come to you at your location.
- Our workshops and enrichment classes are appropriate for indoor or outdoor sessions which allows us to operate our nature based wellness programming rain or shine.
- Each session hosts up to 20 people (not including staff)
- We offer daily, weekly and monthly session slots.
- Overnight camping **Free** - **two 4-hour sessions req'd, plus food.**



## Rates

Mix and match sessions to create your own custom 6 or 12 month contract.

### Standard Session Rates:

2 hours - \$300 | 3 hours - \$400 | 4 hours - \$500

Stewardship or  
Nature Walk with  
commentary and  
connectivity  
prompts.

...plus evidence  
based wellness  
\**activity*. (i.e. arts  
& crafts, archery  
or outdoor  
recreation.)

...plus \**activity*  
specific wellness  
workshop and  
breakout sessions.

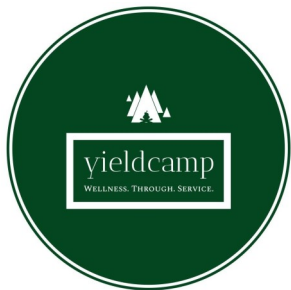
(DISCOUNTS AVAILABLE)

**OUR MYRIAD OF ACTIVITIES  
HELP TO PREPARE FOR SUDDEN  
CHANGES IN LIFE**

# What we provide

- Gloves (disposable nitrile and sanitized reusable work style)
- Extended reach grabbers
- Orange and/or reflective vests
- .3 mil contractor trash bags
- Disposal of trash and debris collected
- Materials and supplies for arts, crafts and outdoor recreation
- Net, backstop, bows, arrows, targets and gloves for archery
- Free private location for overnight sessions
- Professional oversight with industry standard best practices
- Care, empathy, integrity, respect, guidance and instruction

**WE PROVIDE THE TOOLS  
NEEDED BUT INDIVIDUALS  
MUST LEARN TO RECOGNIZE  
AND ASK FOR THE HELP THAT  
THEY NEED.**



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**Yieldcamp's 4 Flora archetype** - WORKSHOP / BREAKOUT activity  
My gift to you for use with your clients, patients and participants

	<b>Trees</b> Provision Authority	gifts and vocations Leadership Teaching	CEO/Principle Manager/Supervisor Therapist/Counselor Coach/Mentor
	<b>Bushes/Shrubs</b> Protection Safety	Helper Server	First Responder Attorney/Mediator Life Guard/Security I.T./Tech support
	<b>Vines</b> Restriction Correction	Prophecy Mercy	Judge/Chaperone Code Inspector Quality Control Human Resources
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Romans 12:6-8





**IDENTIFYING YOUR "FOREST" CAN HELP REVEAL THOSE WHO WE HAVE HARMED BY HIGHLIGHTING A CONNECTION TO US THAT WE MAY NOT SEE.**




the 4 flora archetypes

is your forest healthy? are there people in your forest who help to provide, protect, restrain and nourish?





a healthy forest has:

trees	bushes/shrubs	vines	herbs
			
provision	protection	restraint	nourishment



do good.  
feel good.  
be good.

Using this fun fact about nature, identify the people in your life that represent each archetype. Who do you represent to others?

	<h2>Trees</h2> <p>Provision Authority</p>	<p>Who's apart of your healthy forest?</p> <hr/>
	<h2>Bushes/Shrubs</h2> <p>Protection Safety</p>	<hr/>
	<h2>Vines</h2> <p>Restriction Correction</p>	<hr/>
	<h2>Herbs</h2> <p>Nourishment Nurturing</p>	<hr/>

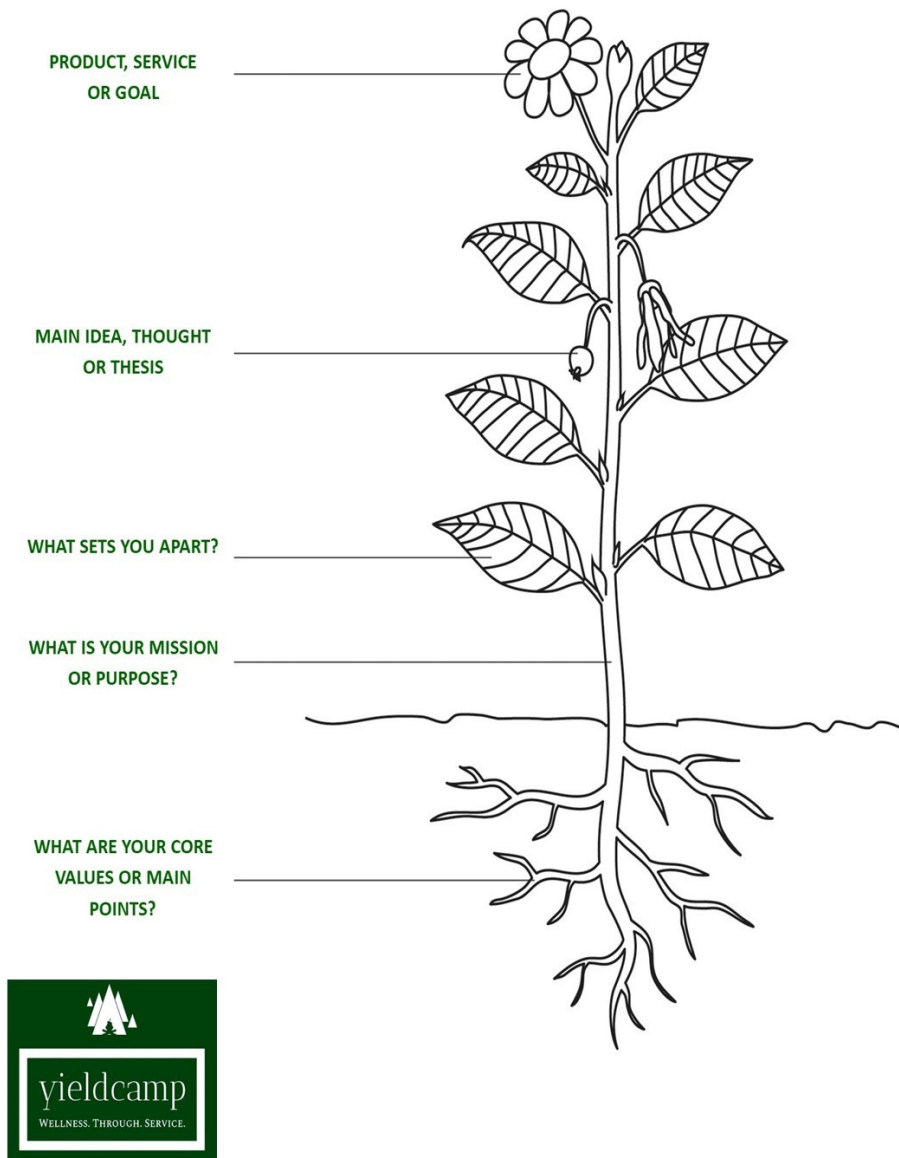
UNDERSTANDING THE ELEMENTS OF A HEALTHY FOREST HELP TO CREATE A BETTER UNDERSTANDING OF PERSONAL RELATIONSHIP AND DYNAMICS THAT CAN ENHANCE EMPATHY, MAKING DIRECT AMENDS MORE SINCERE.

**Take control of what's growing around you**

**USE THIS STRUCTURE OF A PLANT TO VISUALIZE AND BUILD YOUR  
NEXT PROJECT, PAPER, BUSINESS, IDEA OR PLAN.**

**AND DON'T FORGET TO WATER IT DAILY!!!**

# PLAN YOUR PLANT

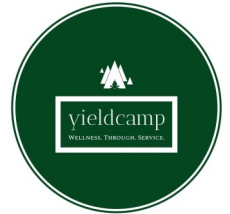


**SETTING NEW GOALS AND PURSUING NEW IDEAS ACTIVATES AN INTERNAL  
EVALUATION OF SKILLS AND RESOURCES AND CREATES AN ATMOSPHERE OF  
SELF-REFLECTION ALLOWING FOR CONSTANT INTROSPECTION AND CHANGE**





NOW LETS WORK ON SEEING THINGS  
FROM A DIFFERENT PERSPECTIVE



## MARYLAND WORD SEARCH



FINDING A DEEPER SPIRITUAL CONNECTION STARTS WITH  
REEXAMINING WHAT WE SEE AND THEN SEEING THINGS FROM  
DIFFERENT ANGLES TO REVEAL THE TRUTH.



## Leave No Trace & Relevant Life Lessons

PLAN AHEAD AND PREPARE

BE ORGANIZED

HIKE AND CAMP ON DURABLE SURFACES

BE IN ACCORDANCE

DISPOSE OF WASTE PROPERLY

BE A GOOD STEWARD

LEAVE WHAT YOU FIND

BE A PRODUCER NOT A CONSUMER

MINIMIZE CAMPFIRE IMPACTS

BE WISE

RESPECT WILDLIFE

BE COMPASSIONATE

BE CONSIDERATE OF OTHER VISITORS

BE RESPECTFUL

LEAVE NO TRACE PRINCIPLES ARE DESIGNED TO PROMPT US TO THINK ABOUT OUR IMPACT ON OUR ENVIRONMENT AND CAUSES US TO THINK OF HOW WE CAN INCREASE THE EXPERIENCES OF, AND HELP, OTHERS THROUGHOUT LIFE.