



## Professional Development + Training courses events offered by IOL Organisational Members



### **Beyond Boundaries – An introduction to disability awareness, accessibility, and inclusion in the outdoors**

19 Sept, 8 Nov, 24 Jan 26, 17 Apr 26.

Bendrigg Trust, Cumbria. £125 per person / £95 charity and educational rate

<https://www.bendrigg.org.uk/beyond-bendrigg/training-for-individuals/>



### **Climbing for All - Professional Development for Inclusive Climbing Instruction**

20 Sept, 25 Jan 26, 25 Sept 26.

Bendrigg Trust, Cumbria. £95

<https://www.bendrigg.org.uk/beyond-bendrigg/training-for-individuals/>



### **Accessible adventures – Disability awareness, accessibility, and inclusion for outdoor instructors**

18 Oct, 7 Feb 26, 17 Oct 26.

Bendrigg Trust, Cumbria. £140 per person / £100 charity and education rate.

<https://www.bendrigg.org.uk/beyond-bendrigg/training-for-individuals/>



### **More Than Just a Warm Welcome - Disability Awareness, Accessibility and Inclusion for the Tourism and Hospitality Sector**

22 Oct, 5 Mar 26, 21 Oct 26.

Bendrigg Trust, Cumbria. £140 per person

<https://www.bendrigg.org.uk/beyond-bendrigg/training-for-individuals/>



### **Know before you go webinar – Developing pre-visit information and processes to help welcome disabled visitors**

Dates TBC

Bendrigg Trust, Cumbria

<https://www.bendrigg.org.uk/beyond-bendrigg/training-for-individuals/>



### **Balancing burnout and brilliance webinar – An introduction to resilience, burnout, and compassion fatigue**

Dates TBC

Bendrigg Trust, Cumbria

<https://www.bendrigg.org.uk/beyond-bendrigg/training-for-individuals/>

### **IOL Level 3 Bushcraft Competency Certificate**

31 Oct 2025, 09:30 – 2 Nov 2025, 16:00 Incl. overnight self-catered camping.

Polaris Wilderness Adventure Ltd. Bayford, SG1 8QB

IOL Members £325.00. Non members £350.00

T: 07971289604

[info@polarisbushcraft.co.uk](mailto:info@polarisbushcraft.co.uk) <https://www.polarisbushcraft.co.uk/iol-bushcraft-competency-certificate>



### **Leader in Outdoor Learning Level 2**

Tue 21st October - Thu 23rd October 2025.

Field Studies Council. Bishops Wood, Crossway Green, Stourport-on-Severn.

£395. 01743 85210001299 250513 [enquiries.bw@field-studies-council.org](mailto:enquiries.bw@field-studies-council.org)

<https://www.field-studies-council.org/courses-and-experiences/static-courses/leader-in-outdoor-learning-level-2/>

The AIM Qualifications Leader in Outdoor Learning Level 2 takes part over 3 days and gives those who wish to bring learning into an outdoor environment the skills, understanding and confidence to do this.

Learners must complete a total of 7 credits to achieve this qualification.

Please note this course is non-residential.

#### **Components covered:**

##### **Benefits of Outdoor Learning**

Using the latest research, discover the impact and benefits of outdoor learning. Learn how outdoor learning enhances a child's wellbeing and life skills and how the latest research can be incorporated into outdoor sessions.

##### **Learning in the Natural Environment**

Gain skills and knowledge to enable you to deliver outdoor learning sessions with links to the curriculum. You will plan your own 3 outdoor learning activities, look at the role of adults in supporting outdoor learning and create a curriculum plan related to your own site.

##### **Engaging Children with Local Wildlife**

Learn about local wildlife enabling you to deliver outdoor sessions that support children's natural curiosity. You will learn good practice for engaging children with local wildlife, identify wildlife resources in your locality and participate in hands on wildlife identification, building your skills and confidence.

##### **Health and Safety in the Natural Environment**

Gain the knowledge and skills to keep yourself and others safe whilst delivering outdoor learning sessions. You will understand the hazards and risks associated with outdoor learning, learn to carry out site and risk benefit assessments for your own outdoor learning sessions, plus what procedures you will need in place and how to write these.

##### **Using and improving the School Grounds and the Natural Environment**

Learn how to implement good practice in using and improving the school grounds and natural environments you work in. Identify the barriers to outdoor learning and how to overcome these. Explore how to develop your grounds enhance the natural environment to benefit wildlife and learning.

### **Mountain Leader Training Course**

Sun 14th September 2025 - Fri 19th September 2025

Field Studies Council. Betws-y-coed. £450 non-resident, £850 resident

01743 852100 / 01690 710494 [enquiries.rc@field-studies-council.org](mailto:enquiries.rc@field-studies-council.org)

<https://www.field-studies-council.org/courses-and-experiences/static-courses/mountain-leader-training-course/>



### Women's Outdoor Instructor Development Programme

Dates: Monday 10 November – Friday 19 December 2025, then Tuesday, 6 to Friday, 30 January 2026.

Outward Bound Trust Aberdyfi, Eryri National Park, Wales.

Apply by 30 March. Cost: £500 (can be paid in instalments if cost is a barrier)

<https://www.outwardbound.org.uk/womens-outdoor-instructor-development-programme>



### Nature Connection & Forest Bathing Guide Teacher Training: 3 cohorts run in 2025

1-3 August 2025. 3 day course.

Adore Your Outdoors.

Online or in private woodland in Fareham, Hampshire

07717368308 [sonya@adoreyouroutdoors.co.uk](mailto:sonya@adoreyouroutdoors.co.uk)

<https://adoreyouroutdoors.co.uk/forestbathingguidetraining/>

3 cohorts run in 2025. All start with a weekend of online learning on 5th April, 24th May or 12th July. Then choose from either an immersion week in the woods in Hampshire or an immersion week online. After that week, there are numerous coursework deliverables including deepening nature connection personal practices and delivering 3 trial walks with at least 4 participants, plus an open book exam.

**COHORT 3/2025:** ONLINE INTRO: Sat 12th & Sun 13th Jul + WOODLAND IMMERSION: w/c Monday 11th August (Mon to Fri) OR ONLINE IMMERSION: w/c Mon 18th August (Mon to Fri) + COMPLETION: 30th December.

£2745 for the hybrid learning path (includes the woodland immersion with 2 opportunities to deliver sessions for real life customers or volunteers), or £2245 (fully online learning path).

Is 2025 your year to become a Certified Forest Bathing Guide? Want to be your own boss while nurturing a deeper connection with nature—for yourself, your clients, and the future of our planet? As nature lovers, we share a common concern: while we cherish the natural world, the impact of climate change and biodiversity loss can feel overwhelming. We also crave a slower pace, a simpler life, far removed from the "more, more, more" mentality.

It can leave you wondering how to live a happy, healthy life and be part of the solution. What you're longing for is likely: a deeper connection to nature that eases anxiety and nourishes your soul; a fulfilling and financially rewarding career where you're in control; a strong sense of purpose; a feeling of belonging.

At Adore Your Outdoors, we believe Forest Therapy Guiding, with a business rooted in nature, offers a path to truly joyful living—for you and future generations. We believe those who nurture a sustainable future deserve both financial reward and deep fulfilment.

As a certified Forest Bathing Guide, you can:

- Be your own boss and revitalise your career.
- Embark on a profound journey of self-discovery.
- Become a certified, trusted professional.
- Create transformative experiences.
- Harmoniously combine purpose with profit.
- Join the Forest Bathing revolution.

Choose from the fully online learning path or a hybrid approach with a transformative week together in Hampshire. With three intakes in 2025, you can find the perfect fit for your schedule.

Shinrin Yoku (Forest Bathing) has been integrated into the Japanese healthcare system for over 45 years and is now endorsed by the NHS, lending legitimacy to your practice. Research consistently demonstrates long-lasting benefits, including stress reduction, improved sleep, enhanced immunity, and well-being.

Are you ready to answer the call of the wild?

### 18 week Outdoor Instructor Training Course

2 Nov 2025 to 15 Mar 2026

Mendip Activity Centre. Sandford, N. Somerset. Mendip Activity Centre's Accelerated Outdoor Instructor Training (AOIT) course is the best way to become a qualified outdoor activity instructor!

£11,000 Fee includes everything- all training, accommodation, catering, trips and transport. Finance plans are available. [hello@mendip.co.uk](mailto:hello@mendip.co.uk) <https://www.outdoorinstructortraining.co.uk/>