



WILD CPD

WELLBEING FOR PERFORMANCE

Be Active

Physical activity and movement outdoors promotes physical and mental health and develops the resilience needed to meet the demands of professional life.

Learn

Learning how wellbeing affects performance is key to developing personal wellbeing tools to support performance and meet professional standards.

Connect

Connecting outdoors with fellow professionals strengthens relationships, builds trust and fosters positive team working, collaboration and gratitude.

Wellbeing for Performance Framework

Give

Giving time and space for learning in nature encourages a health & wellbeing culture - actively invested in people, wellbeing and professional standards.

Take Notice

Noticing stress and its impact on wellbeing, and learning mindful practices, promotes self-regulation and supports performance at work.

