



HOSTED
BY MORAG
PATERSON



PURPOSE IN PRACTICE

GIVE TO GAIN
THROUGH LEADERSHIP,
WELLBEING & NATURE

#IWD2026

join us
NAIRN,
SCOTLAND

**TUESDAY
10 MARCH**

14.00 - 15.30 GMT



We invite you to join us outdoors and indoors to explore working in nature in celebration of **International Women's Day** to promote your wellbeing, purpose and performance.

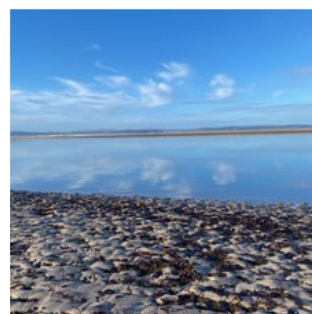
Explore how the rhythm of the seasons can support reflection, insight and growth.

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THE EVENT WILL INCLUDE:

- **Life reflections:** we'll create a quiet space consider our approach to life, to relationships, our choices around work, society, the environment, world issues and trends, reflecting on age-old male-female principles and patterns, and how we may find balance and even radically re-think and take action in our lives.
- **Interactive discussions:** engage with other attendees in guided discussions to identify practical solutions for common challenges, share experiences and brainstorm new ideas to advance women in leadership.
- **Networking and connection:** meet and build valuable connections, friendships and opportunities with your peers.



DISCUSSION TOPICS:

- Perceived difficult locations
- Career & workplace
- Wellbeing & nature
- Education & learning

MEET OUR HOST:

MORAG PATERSON

Morag lives synchronising with the rhythms of the seasons, on the river by the sea in Nairn. She walks and dips every day of the year, facilitating her being-then-doing approach to living with ease.

She is a coach, consultant, energy practitioner and writer, with a lifetime of interesting, inspiring and even mystical experiences. She offers to assist wherever and however is easy and simple, including micro and meta perspectives and interconnectedness.



book now

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