



Become a
facilitator of



**LIFE
RESILIENCE
WITH NATURE**

A 7-week
Programme



August 10-14, 2026
Hauho, Finland

REGISTRATIONS & INFORMATION:

<https://forms.gle/k6QLmCQeL4e4dvUa8>



The Heart of VEER: Born in Belgium



Proven in the heart of Europe.

Designed and tested in one of the most urbanized corners of Europe, its results didn't just succeed—they stunned even its creators.

Resilience in Two Syllables

The name of the programme comes from the Flemish word for resilience, **veerkracht**:

Veer (Feather)
Kracht (Strength)

VEER - Life Experience with Nature programme weaves nature back into the fabric of everyday life, proving that even in the heart of the city, we can find the gentle strength to thrive.





The seven-week programme VEER – Life Resilience with Nature, guides participants step by step in deepening their connection with the natural world and with themselves.

This programme is grounded in the understanding that people who feel connected to nature and to life experience greater inner balance, resilience, and vitality. Scientific research consistently confirms that nature connectedness plays a key role in strengthening mental well-being, experiencing meaning in one's life, sense of community, and adopting regenerative behaviors. With VEER, you guide people through this valuable process in an accessible and structured way.

Strong facilitation is essential within this programme. This **Training for Trainers** offers you the specific knowledge, skills, and methodology to guide the programme professionally, combining theory, experiential learning, and practical application.

If you already work with people in any context of wellbeing but would like to add more nature to your offering, facilitating the VEER programme might be a good fit.

After completion, you can immediately start facilitating the VEER programme independently in your local environment. You will receive all supporting materials and become part of a network of facilitators for ongoing exchange and inspiration.



The training consists of three phases (total duration ca. 4 months)

Phase 1 – Immersive Training in Hauho, Finland

We begin with five days in Hauho, Finland, a location surrounded by forests and lakes where you can consciously breathe in nature at every moment.

During this phase, we explore in depth the practical and scientific structure and foundations of the different components of the programme. We also give careful attention to the specific facilitation skills required for this programme.

Time investment:

Monday, 10 August, the training starts at 14:00 and ends on Friday, 14 August at 14:00, 2026. You can arrive earlier and leave later, at your own cost.

Phase 2 – Personal Immersion & Online Sessions

From the week of 17 August until the week of 28 September 2026. You will go through the full 7-week programme individually in your own living environment.

Time investment: approximately 3–4 hours per week, spread throughout the week.

- Weekly 1-hour online sessions (8 sessions in total; exact dates will be coordinated with participants)
- Biweekly online Q&A sessions, (1-2hrs optional)

Phase 3 – Implementation & Coaching

Time investment: approximately 4 hours per week

- October–November 2026: Facilitating the programme in a natural setting near you
- Biweekly 1.5-hour online intervision sessions
- Individual coaching support



Practical Information

Address in Finland: Rukkoilantie 129, 14700 Hauho, Suomi (130 km from Helsinki-Vantaa airport; pick-up possible from Hämeenlinna or Toijala train station)

Language: The training is given in English.

Price: 2400 euro + 21% EURO VAT includes: full training materials, full material of the programme, accommodation in a shared room and shared bathroom, meals 3 times a day, sauna every day, facilities of the Iloranta vacation home

Add more comfort:

- + 35 euro/a night for a single room

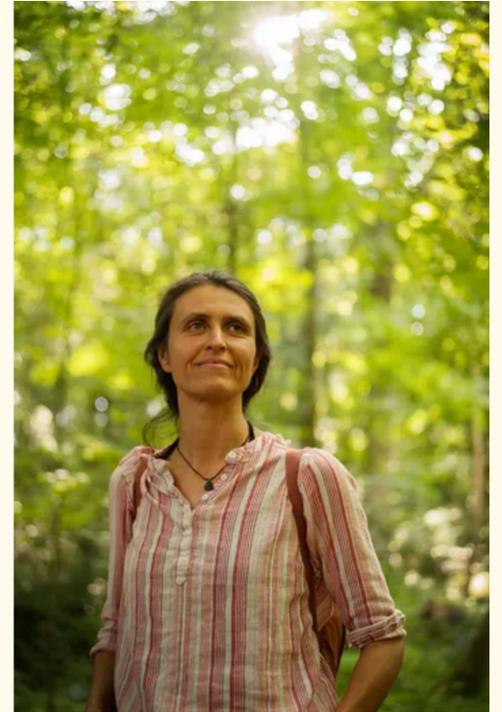
Would you like to guide people toward greater life resilience and connection with nature? Then this training may be for you.





Facilitators: Ilse Simoens & Katriina Kilpi

Ilse Simoens founded the Academy for Healing Nature in 2019, where she trains people to become forest bathing guides together with herbalist Maurice Godefridi. Through scientific research and practice, she has immersed herself in the relationship between nature and health, with a particular focus on nature connection and resilience. She also facilitates Joanna Macy's connection work, gives training courses in non-violent communication, and teaches yoga classes. With her broad background and years of experience, Ilse knows how to combine scientific insight with practical guidance in nature in an accessible way. Ecological philosophy, nature and body awareness, and experiential learning and living are the common threads in her work.



Katriina Kilpi founded NatureMinded Consulting in 2016, where she designs solutions and facilitates programs inspired by forest bathing and mindfulness. Through research and practice, she continues to explore the relationship between nature connection, and human flourishing. Katriina trains Forestminds guides internationally and bridges scientific insight, lived experience, and practical guidance to help people reconnect with themselves, others, and the living world. For the upcoming training in her home country, Katriina will enrich the experience with her knowledge of the local landscapes, forest traditions, and sauna as an ancestral practice, offering participants a grounded, culturally-informed perspective.



Read more & sign up **here**:
<https://forms.gle/k6QLmCQeL4e4dvUa8>