

## Clare Osborn: Clare Talks Coach & Ocean Advocate



**I create bespoke workshops to suit your needs and can offer any combination of the following:**

- Mindfulness by the sea
- Team Building Adventure
- Clare Talks Rubbish Sustainability Workshop
- Reframe Eco-Anxiety to Eco-Action
- Productivity / Goal Setting / Communication / Project Deep Dive

These workshops can be adapted to your needs providing your business with value, take away products and follow up support where needed. More about me at the end of this PDF, including testimonials from previous clients.

### **Clare Talks Rubbish Sustainability Workshop**

It is one thing to come away and see what is in the environment whilst cleaning the beach - but what else can you do as a business or encourage your staff to do individually?

Using coaching tools and mentoring I can guide you through a full workshop starting with where you are at now, running through options that would work for your team or your brand and helping you to set out clear goals and actions going forward. You will go away with a plan that is tailored for your business, tools to help you reach your sustainability goals and the option of a follow up accountability check. I draw on the psychology of behaviour change to help you create long lasting changes that boost your reputation, staff morale and set an example to your competitors.

## **Reframe Eco-Anxiety to Eco-Action**

Reported instances of eco-anxiety are on the increase. More and more people are experiencing overwhelm, anxiety and loss of sleep among other symptoms - all out of concern for the many issues facing the environment. From a place of overwhelm we can't achieve constructive actions, this workshop will enable you to feel capable and empowered to do so.

Ultimately, to combat eco-anxiety you need to ACT:

**A**cknowledge - that you are concerned and reframe it so you are ready to act

**C**reate - an action plan of achievable goals that are realistic for you and your lifestyle.

**T**hink - consider the planet when deciding what to eat, how or where to travel and how to shop

This workshop provides you with tools and strategies for acknowledging and reframing. Using mindfulness and coaching techniques we can deep dive into the specific concerns of your team via content free group coaching (i.e. no one has to discuss their deeper concerns publicly if they don't want to). Alternatively we can look at the specific values and concerns of your business or brand and work through a strategy to establish what are the areas of concern that are most relevant for you. The Clare Talk Rubbish Sustainability Workshop is a great add on as it deals with C - Create an action plan of achievable goals.

## **Mindfulness by the Sea**

People often have their best ideas on holiday. It's because you are relaxed, often by water and allow the usual busy mind chatter to dissipate. What if you can recreate 'holiday mode' on a regular basis from anywhere?! Chade-Meng Tan - Google's happiness leader established that just one mindful breath taken for six seconds creates a shift in our neurology that improves focus, clarity, performance and wellbeing. If six seconds can achieve that, imagine what 3 minutes a day could achieve! He uses the analogy of the deep ocean:

*"The surface is choppy but the bottom is very calm. If you're able to go deep inside, you can access that calmness and exist in a world where you can be calm and in action at the same time."*

By encouraging mindfulness within your team you avoid that mindless state where mistakes are more likely. You create a culture of wellbeing where you have happier and healthier staff, less staff turnover, less sick days and an inevitably increase productivity and profit. What's not to love about all of that!? I bring visioning and the value of positive psychology to my mindfulness sessions to provide even more benefit to your team.

Sessions usually involve a brief background of the benefits of mindfulness, some short guided mindfulness sessions with feedback and discussion in a safe space. I can build up to longer guided sessions where time permits and also provide some practical guidance to take away for more regular practice.

## **Team Building Ocean Adventure**

Teams that communicate well, have clear roles and understand each other - work better. Getting out of the office into a different environment gets people out of their comfort zone. Taking on new challenges increases confidence and morale and in turn creates a bigger comfort zone of capability. I apply my adventure and expedition experience to create this super fun beach adventure workshop.



How are we connected to the ocean - learn some cool facts about the ocean, its creatures and how we are connected to it.

One of the biggest polluters is ghost fishing gear - a brief intro around what it is followed by a fun team building activity around this to get active and to learn about the importance of good communication in a team. Plus reflection and application to your own work.

Lost at sea activity. This activity works on prioritising, gets you thinking about how you would survive and then ultimately gets you working together to engage with your team and highlights the benefit of collective thinking.

More specific team coaching can be added to make this a full day of activities where you go away with even more value for your business and a bespoke understanding of how your team would function most effectively going forward.

### **Productivity / Communication / Project Deep Dive Workshop**

I can provide a range of other valuable workshops to help your team with productivity, communication or to go deep into the goals and strategies for an upcoming project. Please get in touch to discuss your specific requirements.

### **About Me**



I am a mindset and mindfulness coach accredited by the ANLP, an iBlue - Blue Health Coach, speaker, workshop facilitator and ocean advocate. I have over 20 years experience in the corporate world advising businesses and charities from small startups to national organisations.

Six years studying human behaviour and my own personal and professional development.

The last 5 years working with experts on plastic pollution issues and solutions, delivering information in talks and at outreach events including facilitating workshops for business from startups to multinationals.



I switched my own mindset away from 'stuck, unfit, burnt out lawyer' to happy eco-entrepreneur. Now I help others to reconnect with nature, especially blue spaces like the beach and the ocean to gain a new perspective and an environment and mindset clear of unhelpful rubbish.

Amid shifting my career, I took up kayaking and completed three groundbreaking kayak cleanup expeditions to paddle: the width of Britain, length of Wales and remote Scottish Islands.

I became one of British Canoeing's first ever team of women paddle ambassadors and have worked with BC to provide a toolkit to empower paddlers across the country to clean up their waterways and engage their community.

I am also in the consultancy partnership that organised the UK's biggest ever silent disco beach clean after Brighton Pride. I have facilitated the cleanup of tonnes of waste from the beaches and waterways making national and international press. Also working with partners to find circular and reuse solutions to the waste collected.

### **Contact Details:**

**Web:** [claretalksrubbish.com](http://claretalksrubbish.com)  
**Mobile:** 07990591660  
**Email:** [claretalksrubbish@gmail.com](mailto:claretalksrubbish@gmail.com)  
**Twitter:** @ClareTalks  
**FB & Insta:** @claretalksrubbish

### **Testimonials**

An example of the brands I have worked with:



*"Clare came to support our Recycle Week campaign at Quorn Foods by hosting a lunchtime workshop – sharing her amazing experiences, plus facts & figures about ocean plastics – drivers, impacts, solutions. All incredibly eye opening, fascinating and always focussing on the positives rather than feeling like a lecture or telling off. Fully recommend – thank you Clare, you truly are an inspiration!" - Quorn Foods*

*"Together with [Claire Potter](#), Clare developed a day full of motivating and inspiring talks; hands-on team-building activities; thought-provoking materials, resources and ideas for over 60 secondary school students and 20 graduates and staff. They concluded the day by organising a fun-filled silent disco beach clean, which the students and adults alike, thoroughly enjoyed. A huge thank you to Clare for such a fantastic day-long programme of learning and being inspired! I highly recommend her for any environmental school programmes or corporate team building events."*  
KBR Engineering - One Ocean Curriculum.

*"Clare both gave a keynote address and ran a workshop at the National Sea Scout Leaders Conference, which had volunteers from across the UK attending. She was engaging, confident and a pleasure to work with. The materials, tone and message were all appropriate to volunteers and she has sparked a fair amount of interest. Thanks Clare for a real help in making this an issue we can make a difference on." - National Sea Scouts Leaders Conference.*

*"We recently held our annual Lower Sixth Form Networking Dinner, where we invited local professionals across a plethora of industries to talk to our girls about their chosen careers and the opportunities available to them. This year we had the privilege of having Clare as our guest speaker. She spoke about her life journey from a Lawyer to a now Environmentalist, Explorer, Coach, Kayaker and Wellness Advocate. Clare was extremely insightful and spoke to the girls in a way that grabbed their attention and made them think about the decision that they will soon need to make when entering the world after Sixth Form. We would like to thank Clare for donating her time and inspiring our girls to think outside of the box." - Burgess Hill Girls School*