Workshop Description:

Is it bad to be inside all day? The short answer is yes! Yes, it is. Welcome to the era of the "Indoor Generation," where many of us spend a significant portion of our time indoors. Whether it's due to remote work, digital entertainment, or the demands of modern life, our increased indoor lifestyle has brought new challenges. Spending too much time inside and not nearly enough outdoors can have serious consequences on both mental and physical health. It also reduces our motivation to protect the environment. **This webinar will explore the numerous benefits of getting outdoors—for environmental, social, and mental health reasons—and provide actionable strategies for embracing nature more in our daily lives**.

Learning Outcomes:

- Identify and describe the health, social, and environmental benefits of spending more time outdoors
- Discover a range of tactics and strategies to increase outdoor time
- Explore exciting ways to experience the Great Outdoors beyond traditional activities
- Analyze the importance of connecting with nature in the digital age
- Understand different perspectives, attitudes, and values related to nature connectedness throughout history
- Draw connections between spending time in nature and our motivation to protect it

Ideal For:

- Staff looking for inspiration to get outside more often
- Environmental & Sustainability Professionals
- Human Resource Managers looking to integrate promotion of getting outdoors into internal communications
- Staff who are life-long learners with a personal interest in encouraging collective climate action
- Staff who are passionate about taking part in important dialogue and contributing to meaningful conversations

Key Questions:

- What are some actions people can take to remind themselves to get outside more often?
- What tried and true activities have you run that are especially effective in inspiring love and advocacy for a natural space?
- What are health, environmental, and social benefits linked to spending more time outdoors?