

Ensoll, Richard (2015) The magic is in the buns: applying implicit learning and an external focus to coaching walking movement skills with an emphasis on downhill. In: Institute for Outdoor Learning (IOL) North West Conference 2015, 23 January 2015, Ambleside, UK. (Unpublished)

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IOL North West CONFERENCE 2015

£45 IOL / £75 Non IOL / £25 F/T Students
Friday 23rd January 2015 Brathay Hall, Ambleside, Cumbria

The main event in the North West Region's calendar - the annual conference - a mixture of talks, workshops and networking opportunities. Last year's event was attended by nearly 250 people.

Workshop list (subject to alteration):

- Coaching Downhill Walking "the magic is in the buns!"
- Temporary Low Ropes Courses – sponsored workshop
- Forest School
- Coaching Mindsets: using TTPP to develop positive approaches to challenge
- Solving the problem - scenario based rescue techniques for rock climbers
- A practical view of Mountain Bike Leadership – let's just ride...
- The craft of outdoor life: Ruskin, human/nature relations and outdoor practice today
- Using Smartphones for Outdoor learning
- Mantle of the Expert – an approach stolen from drama teaching
- Rafting Open Canoes
- How to get more work....How can you move your business forward?
- Paddlesport coaching and outdoor learning
- Becoming a Recognised Centre for Orienteering
- Myths, Mystery and Language - stories from our native islands
- Transactional versus Transformational Leadership - Using behaviours to shape team and personal development
- A Journey into Awesomeness - creating magic moments in outdoor learning
- When Do You Become an Expert? Evidencing Competence in the Outdoors
- Discovering why you did it – using reflection to develop your practice
- Looking after your back and posture both indoors and out
- Ice Breakers, Energisers and Team Development Games
- Putting the active into ageing: older adults and climbing
- Biology and Backwoods cooking – the anatomy of your meal
- Backwoods Living - How to prepare and cook a rabbit
- SUP it and see! - an introduction to SUP (stand up paddleboarding)
- Dark Sky Discovery – practical astronomy for groups
- Using Willow - How to build a living structure
- Doing what we do – Values and the Outdoors
- Equipment myth-busting
- What's new in Mountain Training?
- Assessing competence in navigation
- Expedition Leadership Overseas
- Self Coaching in extreme situations
- Not only Bears do it in the woods.....how to leave no trace in difficult situations
- Beyond Kolb – the Cycle of Change

HOW TO BOOK

Book/pay [online here](#)

Email to: fiona@outdoor-learning.org Call IOL office on 01228 564580

We can arrange to invoice organisations. Please email for invoiced bookings



Institute for **Outdoor Learning**
www.outdoor-learning.org

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PROGRAMME

0900 – Arrivals, Registration and Refreshments, Networking and Trade Stands,
Sign up for workshops

0930 – Welcome and outdoor learning news

1030 – Workshop session one

1230 – Lunch, Networking, Trade Stands

1400 – IOL National AGM

1415 – Guest Presentation

1445 – Workshop session two

1630 – Refreshments, Round-up, Networking, Trade Stands

The bar will be open at the close of the conference for those last minute networking opportunities; we also invite you join us for the NW Region AGM – help shape the future of Outdoor Learning in your region.

Pre Conference Thursday night 22nd January - NW IOL social event

Pre Conference Thursday night NW IOL social event for those who are local or are travelling the night before - the bar in Brathay Hall will be open - we invite you to the NWIOL Open Mic night – do you have a story of personal adventure, inspirational practice, research or a project that you would like to share – we would like to come together to celebrate the best in Outdoor Learning in our region – both personal and professional.

- Conference dinner available at 7pm - £15 (two courses)
- Bed and Breakfast accommodation available before and after the conference to suit a range of budgets (dormitory to single room).

To book the Thursday dinner or B&B please contact Brathay: Tel 015394 33041

We have three levels at which we are trying to pitch the workshops:

ENTRY LEVEL for those new to the field including students, trainees, apprentices.

PRACTITIONER LEVEL for those with a good level of experience.

SENIOR LEVEL for managers, decision makers and strategic thinkers.

● Coaching Downhill Walking “the magic is in the buns!”

Using an external focus of attention to promote safe, positive movement down steep terrain. An active and applied workshop on Loughrigg Fell. Note: outdoor gear/ boots needed.

Aimed at Practitioner level

Presenter: Rich Ensoll is a Lecturer at the University of Cumbria in Ambleside with an interest in helping people grow through the application of skill acquisition, sport psychology and coaching to their outdoor practice. He has a background in primary teaching, centre management and freelance work mostly through mountain and paddle sports.

● Temporary Low Ropes Courses – sponsored workshop

A practical outdoor session on how to set up, use and dismantle a temporary low ropes course. Suggestions for its use, ideas for activities and a chance to have a good look at this brand new kit.

Aimed at All

Presenter: Craig Palmer represents Technical Outdoor Solutions - a friendly, personal company specialising in the high ropes industry. Founded on extensive experience both within the outdoor and the high ropes course construction industries, they offer a combination of services tailored to the needs of the outdoor adventure industry. As well as designing, constructing and maintaining ropes courses, Craig is also an ERCA Trainer - providing a variety of training courses (including Traditional Ropes Course Instructor, Adventure Course Instructor and Temporary Low Ropes Constructor/Instructor).

● Forest School

This workshop is aimed at people interested in finding out more about the Forest School approach and trained Forest School practitioners who want to reinvigorate and refresh their practice. It will be creative and playful. We will look at the potential of a woodland environment, outcomes and benefits of spending time in woodlands.

Aimed at Entry and Practitioner level

Presenter: Lily Horseman runs Kindling Play and Training – she is an experienced Forest School trainer and practitioner who has worked with a variety of groups. She is an APIOL and director of the Forest School Association.

“Good ideas and inspiring”
Delegate in 2014

● Coaching Mindsets: using TPP to develop positive approaches to challenge

This workshop will focus on how we can explore Technical, Tactical, Psychological and Physical approaches to enable young people to challenge themselves in outdoor learning environments.

Through introducing a range of practical outdoor teambuilding activities, delegates will explore how we can provide strategies to support children in developing positive approaches to learning. We will further introduce activities as to how we can review the learning process.

Aimed at Practitioner and Senior Levels

Presenter: Caroline Carr is director of Outdoor Learning Consultancy Ltd: a provider of outdoor & environmental education and training. Through her background in the outdoors she has an understanding of a wide range of teaching and learning pedagogies and is interested in innovative and creative ways to inspire teachers and learners.

● Solving the problem - scenario based rescue techniques for rock climbers

This is a practical and scenario-based session exploring rope-work techniques to assist rock climbers in solving basic problems that may occur whilst out rock-climbing. The scenarios range from very basic problems arising to more involved rescue situations.

Aimed at participants who are climbers with experience of leading, and who can tie-in using a figure of eight knot, belay correctly, and have a working knowledge of other knots used in climbing, clove hitches etc.

Presenter: Paul Knowles is Subject and Programme Leader for the BSc in Outdoor Studies at MMU Cheshire. He holds a Mountain Instructor Certificate, APIOL and other pieces of paper. A lover of outdoor things and tea and cake; he delivers a range of mountain based NGB courses.

● A practical view of Mountain Bike Leadership – let’s just ride...

This workshop will exemplify the leadership skills needed to gain a mountain bike leadership award – whilst taking part in a guided ride around Loughrigg Terrace on a high spec bike.

Note: suitable kit needed – bikes provided.

Aimed at All

Presenter: Cyclewise are the leaders in Leadership & MTB Training in the UK. As Directors of Cyclewise, Rich & Craig have qualified over 3000 leaders with MBLA & managed over 4,500 bikes. Cyclewise are the MTB Tech Advisors for British Cycling and have written & developed coaching & leadership courses which have helped set the standards for mountain biking in the UK.

● The craft of outdoor life: Ruskin, human/nature relations and outdoor practice today

John Ruskin, who lived at Brantwood on the shore of Coniston Water, advocated an engaged relationship with nature. He explored his ideas through writing and experiments with farming, gardening and other crafts. He concluded that developing crafts maintained the human nature relationship in ways that our modern lives do not.

He was an influence on Baden Powell inspiring him to place nature related crafts at the heart of the programme for the Scout Movement. This workshop will examine the ideas of Ruskin and apply them to the range of outdoor activities on the current Outdoor Education canon. It will involve discussion and an exploration of participants’ personal stories.

Aimed at practitioners involved in traditional approaches to nature such as bushcraft and gardening. It will also be of interest for people working with more modern outdoor activities as a way to explore their hidden potential as vehicles for engagement with nature.

Presenter: Chris Loynes is Reader at the University of Cumbria, Ambleside.

● Using Smartphones for Outdoor learning

This will be a practical session showing various different ways in which Smartphones can be used in Outdoor Learning – from cameras, to QR codes, treasure hunts, to an art/poetry trail. Note: People attending the workshop to be asked in advance to bring a smartphone.

Aimed at Entry and Practitioner level

Presenter: Stephen Atkins runs Wild Things Outdoors, based in Preston. He is an experienced primary school teacher who now helps schools by supporting, training, demonstrating, encouraging and promoting Learning Outside across the curriculum.

“Interesting research.....”

Delegate in 2014

● **Mantle of the Expert – an approach stolen from drama teaching**

Using the ‘Mantle of the Expert’ approach we will demonstrate how immersing learners in a real-life context can be used outdoors to engage, enthuse, and ensure that real-life, relevant, memorable and meaningful learning takes place.

Aimed at Entry and Practitioner level

Presenter: **Stephen Atkins** runs Wild Things Outdoors, based in Preston. He is an experienced Primary School teacher who now helps schools by supporting, training, demonstrating, encouraging and promoting Learning Outside across the curriculum.

● **Rafting Open Canoes**

A session looking at raft design, construction and rescues - with options for an active session on the water or to observe from the shore. Note: specialist equipment provided but you may get wet.

Aimed at All

Presenter: **Matt Ellis** is the Outdoor Education Adviser for Cumbria County Council. He is the former Chair and Regional Coaching Organiser of Cumbria Canoeists and a Level 5 Coach.

● **How to get more work....How can you move your business forward?**

Do you find yourself thinking phrases such as

- I should be doing more social media?
- I ought to be spending more time doing sales?
- I need to bring in more money?
- I must improve my admin systems?

.....but don't know where to start??

This workshop covers how to work out what your business needs are and when your business needs them, with simple practical skills that you can use at any time in any part of your business to help you analyse what you are doing and work out where to focus your attention.

Aimed at freelancers and those running small businesses

Presenter: **Lucy Harrison** is a business coach with long experience of working in the outdoor sector.

● **Paddlesport coaching and outdoor learning**

An indoor session - this workshop aims to:

- Raise awareness of outdoor learning connections with coaching
- Raise awareness of outdoor learning opportunities
- Provide examples of how links can be made
- Help coaches to help individuals to get more from their sessions

Aimed at Paddlesport coaches of any level and established practitioners

Presenter: **Dave Harvey** is Head of Centres for the Brathay Trust at Low Bank Ground and Hinning House OEC's. He is BCU L5 Canoe and currently National Chair of the Association of Heads of Outdoor Education Centres.

● **Becoming a Recognised Centre for Orienteering**

British Orienteering are launching a ‘Recognised Centre Status’ accreditation scheme for outdoor education centres. This is intended to be a collaborative scheme whereby an advisor from British Orienteering works together with a centre towards a set of benchmarks that reflect a high quality of orienteering delivery. The session will be both practical, outdoors and indoors. Note: running kit needed.

Aimed at Practitioner and Senior level

Presenter: **Dan Riley** is British Orienteering Participation Manager – before that a freelancer - mainly in the Peak District. Dan is an orienteering coach educator. He loves fell running, mountain biking, climbing, canoeing and caving.

● **Myths, Mystery and Language - stories from our native islands**

People often take inspiration from aspects of native American culture and incorporate this into their work in the outdoors without realising that we have our own latent culture present just under the surface. The British Isles has a rich heritage from Celtic, Norse and Anglo Saxon peoples - but how much do we know about these traditions and how much has got lost in the urbanisation of our culture?

This session will allow you to delve into our own shared native traditions and add to the richness of your knowledge of the environments in which you work - we will look at the folklore of trees, plants, seasons and places in our culture and trace what was sacred to our ancestors about the landscape and the natural world.

We can see evidence of what was important to the ancient peoples in carved scripts like Ogham and Runes and in their stories and superstitions.

Aimed at all interested

Presenter: **Elsbeth Mason** is the editor of the Institute for Outdoor Learning's Horizons Magazine and director of JEM Training and Mere Mountains activity company, based near Newby Bridge. She started work in the outdoors as someone who loved playing in the woods, 30 years on she seems to have come full circle and once again plays in the woods, and occasionally on the fells and lakes. Hoorah!

● **Transactional versus Transformational Leadership - Using behaviours to shape team and personal development**

A workshop looking at Transactional and Transformational leadership in the UK and overseas expeditions field. Practitioners with experience of personal and team development will be able to ascertain the inclusion of TL behaviours into their own practice.

Aimed at Practitioner level

Presenter: **Ashley St John-Claire** is a paddler, mountaineer, biker, rescue technician, coach educator and Dad with 25 years industry experience worldwide. He was recently involved with delivery of the TL workshop for Expedition Leaders with Outlook Expeditions.

● **A Journey into Awesomeness - creating magic moments in outdoor learning**

What makes a magic moment? How can we turn the everyday into the extraordinary? This session seeks to address these questions through exploring personal experiences and bringing together the latest research on awe and transformational moments in learning.

This workshop is for any educator looking to increase the impact of their work. We will explore how the teacher, their session and the student can turn learning into a more meaningful experience in the outdoors.

A range of ideas will be presented including storytelling, simple anchoring and fast ways to change mindsets.

Aimed at Practitioner level

Presenter: **Kevin Long** is a member of the Instructional Staff at Outward Bound Ullswater. As a current practitioner he offers this opportunity to reflect on practice, learn about the research on awe and share some great practical ideas on delivering high impact learning.

He has a MSc from London University and a PGCE in Education. His research current interests are in applying Mindset theory and using storytelling in education. He has recently finished his first book The Outdoor Educators' Guide to Awesomeness. He gets time to be a dad too.

“Another excellent conference”

Delegate in 2014

“Inspiring presentation and content”

Delegate in 2014

“A Good Conference.....”

Delegate in 2014

● **When Do You Become an Expert? Evidencing Competence in the Outdoors**

Are you a new instructor or perhaps a teacher wanting to run outdoor activities?

Are you confused about what you are allowed to lead?

This session will help demystify who can lead which activities, what training they need and how this can be evidenced to demonstrate best practice in the safe management of activities.

Aimed at Entry level for those new to the field

Presenter: **Anne Salisbury** works for the Adventure Activities Licensing Service and has worked in the outdoors all her adult life. She is an MIC holder with an MSc in Outdoor Education and more recently became a Fellow of the Royal Geographical Society, a Specialist Fellow of the International Institute of Risk and Safety Management, and the first outdoor professional to get onto the OSHCER list. (HSE's Occupational Safety and Health Consultants Register).

● **Discovering why you did it – using reflection to develop your practice**

This presentation looks at the ways that young aspirant practitioners (undergraduates) experience barriers or difficulties with this skill. David and Mark's research into the uses of reflective practice for professional development for outdoor practitioners was published in Horizons (66). This is an on-going project so the input of fellow professionals will be greatly appreciated.

Aimed at anyone currently working on RPIOL or APIOL, undergraduates on outdoor courses and employers who work with young people

Presenter: **David Jewitt and Mark Hickman** are based in the Division of The Outdoors, University of Central Lancashire.

● **Looking after your back and posture both indoors and out**

This workshop will help you be more aware of how your habitual posture can cause back, shoulder, neck etc pain during the working day and at home. It will be practical in nature and include a “hands-on” element from Erica, as well as working in pairs. You will get tips on how to change the way you carry out day-to-day activities such as sitting at a computer, standing around outside, walking etc that can cause you niggling or chronic pain and discomfort. The workshop will include observing each other and giving constructive feedback, helping participants to get an insight into their postural habits.

Aimed at All

Presenter: **Erica Donnison** delivers postural and movement education derived from the Alexander Technique. She is based in Kendal and works across Cumbria and Lancashire. She works with individuals and groups to help them understand how habitual posture and ways of functioning can be the cause of niggling and chronic back and other pain, and loves to apply her knowledge to helping people perform more effectively and with greater ease in their work and play. It is all about increasing awareness and enabling change to a more easy, poised and alert way of being!

● **Ice Breakers, Energisers and Team Development Games**

This session will be fun and engaging and cover a huge range of icebreakers, warm ups and team tasks, ranging from one minute games to more advanced challenges. There will be a real focus on delivering these activities with a minimum amount of kit. We will be trying out some old favourites, taking games to the next level and even possibly creating some new ones. We will also be looking at using creative techniques for setting goals and reviewing with groups too.

Aimed at anyone who works with groups in the outdoors and is looking for some inspiration and a bigger range of tools to use when keeping a group engaged

Presenter: **Chris Brain** runs Chris Brain Coaching - Outdoor Pursuits Coaching and REC First Aid Training.

● **Putting the active into ageing: older adults and climbing**

A review of a small scale research project looking at the perceptions that older adults or the ‘young-old’ aged 65-74 have about climbing.

Aimed at anyone with an interest eg. climbing coaches, those interested in active ageing, those involved in adventure tourism and the ‘silver pound’.

Presenter: **Mark Hickman** is Senior Lecturer at the Institute for Coaching and Performance at the University of Central Lancashire.

● **Biology and Backwoods cooking – the anatomy of your meal**

This session aims to understand the anatomy of the rabbit so it can be taken apart in interesting and engaging ways for young people- this will be a biology lesson as much as a backwoods cooking workshop!

Aimed at those who would like to gain competence with the bloodier elements of bushcraft.

Presenter: **Simon Harding** runs his own Forest Schools business at Broomheath Plantation near Northwich.

● **Backwoods Living - How to prepare and cook a rabbit**

We will skin, gut and prepare a rabbit for the pot, then cook in a dutch oven. There will be enough for all to try and rabbit joints to take away.

Aimed at All.

Presenter: **Simon Harding** runs his own Forest Schools business at Broomheath Plantation near Northwich.

● **SUP it and see! - an introduction to SUP (stand up paddleboarding)**

Meet the team at Lake District Paddleboarding, try out the boards (hard and inflatable) and get supping! Note: you may get wet – please bring appropriate kit.

Aimed at Everyone!

Presenter: **LDPB** was set up in Spring 2014, by John Wilson, Simon Palmer and John Platt with a view to bring SUP to the Lake District. SUP has arrived!

● **Dark Sky Discovery – bringing practical astronomy for groups**

This workshop looks at practical resources for understanding how to know what to look for and where to find it in the night sky - and how to inspire and share this with learners.

Aimed at Entry and Practitioner level

Presenter: **Dan Hillier** is Visitor Centre Manager at the Royal Observatory Edinburgh and leads the UK Dark Sky Discovery network of national and local astronomy and outdoor organisations.

“Very helpful in clarifying ideas”

Delegate in 2014

“Difficult to make it any better. A great networking opportunity for outdoor people at all levels”

Delegate in 2014

“Enjoyable and educational”

Delegate in 2014

● Using Willow - How to build a living structure

This session will show you how to work with living willow – you will be part of a team making a small structure. – including top tips, where to get your willow from, design ideas and maintenance.

Aimed at Practitioner level - those involved in centres and school grounds.

Presenter: Martin Summerfield is freelance environmental educator and willow weaver – he was formerly senior teaching officer at Castle Head Field Centre.

● Doing what we do – Values and the Outdoors

This workshop will consider how our work in the outdoors is influenced by the dominant values in society. We will discuss relevant values for a rapidly changing world and whether outdoor leaders and organisations have a role in encouraging these values. Reference will be made to the work of Schwartz on universal values and their application in the practical guide, “Common Cause for Nature”.

Aimed at all interested

Presenter: Geoff Cooper describes himself as a volunteer on community, environment and outdoor learning projects and a writer and advocate for outdoor and environmental learning.

He is the former head of centre at Low Bank Ground and author of Outdoors with Young People.

● Equipment myth-busting

Ever wondered why you get conflicting information about equipment? Do you need guidance on equipment inspection techniques? Do you have information about equipment that you think might just be a myth rather than truth? Then this session is for you. An ideal opportunity to ask questions and gain an insight into the world of equipment choice, use, management and inspection. Feel free to bring along old/damaged/tired equipment for discussion.

Aimed at Practitioner and Senior level

Presenter: Mark Davies works as Work and Rescue trainer at Lyon Equipment. He is an active MIA holder, Winter ML, BCU L4 coach kayak and Aspirant L5 canoe. With many years’ experience in the outdoor learning environment, he brings a pragmatic approach to equipment inspection, use, and work at height techniques.

● What’s new in Mountain Training?

This will be an update session looking at, amongst other things: progression through the revised walking awards; coaching programmes for those seeking to develop skill and ability in client groups; skills delivery – the Hill Skills and Mountain Skills courses and the review of the climbing awards

Aimed at all interested

Presenter: Andy Say is Executive Secretary of Mountain Training England.

● Assessing competence in navigation

– a practical outdoor session looking at exercises which will allow you to do exactly that....

Aimed at all interested

Presenter: Andy Say is Executive Secretary of Mountain Training England.

● Expedition leadership overseas

A discussion based workshop focussing on a few themes:

Preparation - what do you do? How can you help yourself and the team?

Dynamic risk assessments and the unknown - professional judgement and decision making, peer pressure and group expectations.

Prevention techniques - how to actively avoid problems - hydration, hygiene and illness issues, actions and consequences.

Emergency situations - strategies and resources.

Looking out for yourself - strategies and support mechanisms for the leader.

Aimed at those new or fairly new to it

Presenter: Natalie Wilson has a background in youth work and outdoor centres – more recently she has lead 16 overseas expeditions for young people and adults to destinations all over the world.

● Self Coaching in extreme situations

Self coaching is especially useful in situations when heightened emotions, such as fear, are present in extreme outdoor situations. We will discuss the benefits of coaching during (solo) adventures and look at understanding the differences between positive self talk/ psychology and self directed coaching questions.

Aimed at those thinking of having more extreme adventures -whoever they may be!

Presenter: Cress Allwood has 13 years’ experience of leading overseas expeditions, facilitating the leadership skills of young people; often in remote wilderness locations. She is a qualified teacher and development trainer; as well as author and facilitator of coaching skills. She now provides consultancy - writing courses and supporting the delivery of leadership programmes as well as training, mentoring and appraising tutees for the Women’s Sports Foundation.

● Not only Bears do it in the woods....how to leave no trace in difficult situations

Looking at an introduction to ‘Leave No Trace’ - an ethics and awareness programme that helps to provide a basic underpinning to everything we do in the outdoors. The basic principles of Leave No Trace can form a great tool for educators to use when working with others. This workshop will look at an overview of Leave No Trace and then focus on a discussion based around one of the seven principles.

Further information www.lnt.org

Aimed at All

Presenter: Dawn Elliott has many years of experience of working in outdoor centres. She is qualified as a Leave No Trace Advanced Trainer/ Master Educator.

● Beyond Kolb – the Cycle of Change

A different way to look at facilitating change

Aimed at practitioner level

Presenter: Heather Crawford is Head of Training and Development at Kingswood. She has worked in the industry for over 20 years with the focus always being on developing people. When not trapped behind a computer she can be found walking, running, cycling or cooking.

HOW TO BOOK

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