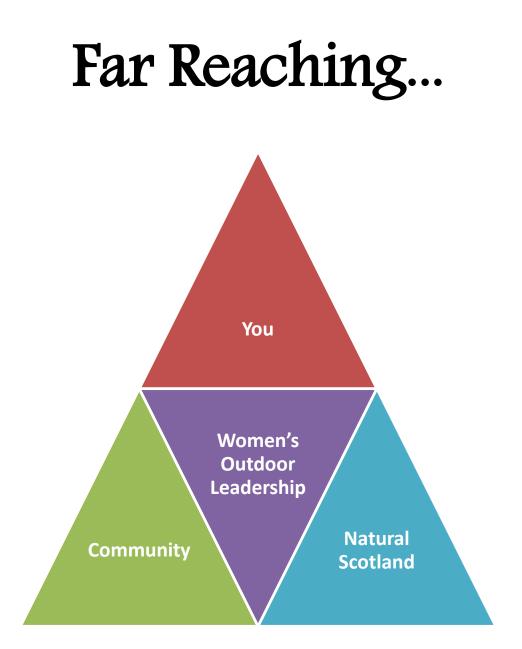
Women's Outdoor Leadership Project 2013





You



A Journey of Transformation

Self Confidence Team Work Coordination Leadership skills **Right attitude Communication skills** Adaptability **Decision making** Judgement Preparedness Time management **Positive Attitude Physical Fitness** Family and Social Influences

Community Projects



A few projects....

- *****Over 12's, Green Action Project
- *Easterhouse groups:
 - Parent's Group
 - Outdoor Group
 - Young People's Group
 - Connect

Relax, Refresh and Energize Health Walks: Western Edinburgh

*Heritage Walks Glasgow

BME Women's Walking Group Dundee

A few Organizations...

Backbone
Forestry Commission
John Muir Trust
AMINA: Muslim Women's Resource Centre
Connect Community Trust
Dalmarnock Community Centre
West Edinburgh Community Learning and Development
Shettleston Community Centre

Natural Scotland



<u>A Natural Heritage vast and</u> wonderful which needs to be preserved.

Skills Gained

Scottish Outdoor Access Code

take responsibility for your own actions;
respect the interests of other people;
care for the environment.

*Safety in Outdoors

- First Aid in the Outdoors
- Campsite Selection
- Balanced Nutrition
- Equipment Selection and Handling

Environment Appreciation

 \circ Awareness of Ecological issues \circ Leave No trace

Leave No Trace.



"Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop away from you like