

A group of women are gathered outdoors in a wooded area, likely participating in a winter activity. They are wearing winter clothing, including hats, scarves, and jackets. One woman is standing near the open rear door of a white SUV, which has a roof rack. The scene is set in a forest with bare trees in the background. The text "Women's Outdoor Leadership Project 2013" is overlaid on the image in a large, bold, black serif font.

Women's Outdoor Leadership Project 2013

When we began the course...

Can I do it?

**Been at home
too long...**

**goal seemed
unachievable...**

**wanting to do
so much
more...**

Can I really do that?



Far Reaching...



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 Community
- ❖ 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

A Natural Heritage vast and 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

- Awareness of Ecological issues
- 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

