

# Connecting to nature with your colleagues



#30DaysWild

Working from home can sometimes feel a little lonely and isolating. Sharing a connection with nature can be a great conversation starter and help you to stay in touch with your colleagues, bringing you closer together as well as improving your mental health and wellbeing. If your company hasn't signed up to 30 Days Wild, why not get your company to take part this year? You could turn it into a bit of a competition!

## Taking it outside

You don't have to take your lunch or coffee break alone at home – ask your colleague if they want to video call for a virtual catch up! An outdoor lunch break, breathing in the fresh air and chatting with a colleague about their weekend, can be just what you need to get you poised for a productive afternoon.

## Start a gardening club

A team of avid gardeners or group of novices keen to get started? Set up a gardening club and share your best tips for growing vegetables and herbs, making the most out of your space and planting for pollinators. You could do a video tour of your garden and send these to the group for lunchtime viewing. This is a really good way of staying in touch with colleagues that you may not speak to regularly for work purposes but would usually chat with in the canteen at work!

## Eco-warrior club

If you're passionate about our planet and feel like your workplace could up their game, start an employee green team. Schedule your first meeting online to discuss how you could make your workplace more eco-friendly. Make a plan of action in priority order, thinking about things like plastic-use and recycling, Cycle to Work schemes, office clothes swaps and planting wildflowers if you have green space.

## Wild meetings

If you have a small meeting tell your colleagues you're going to take it outside and encourage them to as well. You could be on the phone while on a walk or take your laptop into the garden. You'll find meetings much more enjoyable with the sun shining on your face and birds tweeting!



## Group 'nature' chat

Create a group chat with your team on whatever online platform you're using to stay in touch. My team at The Wildlife Trusts have a WhatsApp group that we use to share our #EverydayWildlife – whatever we can see, smell, hear, or touch in our gardens, on our balconies or on our lunchtime walks. Think videos of blackbirds singing and photos of daisies blooming!



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It's often too easy to spend hours staring at the computer - especially when working in data! So I find it really important to take a moment catching up with a colleague over a cup of tea.

”

Mercè, Senior Data Scientist



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