

Case study

Eco-wellness Consulting, Ireland



Eco-wellness Consulting Ltd. is a “Profit for Purpose” nature-based enterprise with a strong focus on achieving social, community and environmental benefits. They are based in Ireland but work internationally.

They deliver Forest Bathing & Forest Therapy Training, Nature Based Workplace Wellbeing Interventions and provide Consultancy to individuals, organisations and businesses who want to integrate nature into their work. They are very passionate about people and the planet. They believe that the health of the people and the health of the planet is linked.

<http://ecowellnessconsulting.com/>

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Training



Consultancy



Shinrin – Yoku/Forest Bathing Experiences



What Eco wellness Consulting Do

Eco-wellness Consulting Ltd. provides the following training internationally through [Nádúr](#) Centre for Integrative Forest Therapy:

- Certified **Integrative Forest Therapy Practitioner Training**
- Certified **Forest Bathing Guide Training**
- **Forest Bathing Training for Spas and Hotels**
- **Nature Based Interventions for Positive Mental Health**
- Introduction to **Forest Bathing and Forest Therapy**

Eco-wellness Consulting Ltd offers consultancy, advice and mentoring to individuals, organisations and companies in relation to nature-based solutions and nature-based interventions for positive mental health and wellbeing.

Eco-wellness Consulting facilitates Forest Bathing/ Shinrin-Yoku experiences in parks, gardens and forests; nationally and internationally for private groups. These are **bespoke tailored packages** that include half-day, full-day and two-day nature immersive experiences. These **are gentle guided walks that enhance well-being through a sensory connection in nature.** There is a strong evidence base supporting these walks. Forest Bathing/ Shinrin-Yoku walks have been shown to **reduce stress, lower blood pressure, improve mood, boost the immune system and improve sleep.** If you would like to book a private tour for your group please contact

Shirley Gleeson

Nature & Wellbeing Consultant
and the Director of
Ecowellness Consulting Ltd.



Shirley is a Nature & Wellbeing Consultant and the Director of Eco-wellness Consulting Ltd. She is also the Co-Founder of Nádúr Centre for Integrative Forest Therapy. She holds Masters's Degrees in both **Health Promotion and Social Work** and has over twenty years of experience working in the areas of health and social care in the public, voluntary and private sectors. She **designs nature-based interventions to improve and enhance people's health and well-being and facilitates nature-based training for mental health professionals.**

She is a certified Forest Therapy Practitioner, Mentor and Trainer with Nádúr Centre for Integrative Forest Therapy and has been a past trainer and mentor with the **Association of Nature and Forest Therapy Guides and Programs**, based in the U.S. She has also trained as a **Nature Guide with Eco training in South Africa** as well as undertaking an internship with the **People and Conservation Departments of the South African National Parks**. Shirley has trained in ecotherapy in the UK. She has extensive postgraduate training in **expressive arts therapy, counselling, stress management, therapeutic play, dialectical behavioural therapy skills, behavioural family therapy and therapeutic use of mindfulness**. She is also a **WRAP (Wellness Recovery Action Planning) facilitator**. She is a member of **Crann, Trees for Ireland**.

Shirley has presented her forest therapy research and practice at international conferences in Ireland, the UK, Switzerland, Greece & Austria and has addressed the United Nations in Geneva on the topic of human health and forests. She is part of the **Advisory Committee of the IUCN** (International Union for Conservation of Nature) **WCPA** (World Commission on Protected Areas) **Health & Well-being Specialist Group**. She was recently an Academy Awardee with **Social Entrepreneurs Ireland**.

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Diarmuid McAree

Forestry Consultant and
Advisor



Formerly Chief Forestry Inspector of the Irish Forest Service, Diarmuid is now a Forestry Consultant and Advisor. During his time with the Forest Service, he dealt with all **national and international forestry-related matters**. He is currently **Vice Chairman of a UN/ECE/ILO Team of Specialists on Green Jobs in the Forest Sector** (based in Geneva) and a **Director of Crann -Trees for Ireland**.

He has degrees in **Forestry, Microbiology, Entomology and Pathology from UCD** and the University of Florida. He was **Chairman of Woodlands of Ireland** and a board member of **COFORD (Council for Forest Research and Development)**. He is a part-time **lecturer on Forest Protection at UCD** and he is Crann's representative on the **Tree Council of Ireland**.

Diarmuid has a grá mór for the outdoor life and during his student years was **Captain of the UCD Mountaineering Club**. Amongst the highlights of his adventurous travels are an ascent of Kilimanjaro and an expedition to Antarctica. He is a member of the **Irish Mountaineering Club, Birdwatch Ireland, The Society of Irish Foresters** and the **Irish Environmental Network**.

Diarmuid is an enthusiastic advocate of forest ecotherapy and ecotourism. He believes strongly in the **economic, social and environmental benefits** they bring to local communities by the creation of **forest trails and guided walks**.

Donal O Keefe

Research Psychologist



Donal is a Research Psychologist with over a decade's experience in the mental health field.

He supports the work at Eco-wellness Consulting by guiding its development and progress in line with **cutting-edge research advances and advises on an evidence base for the programmes offered.**

Donal is an **international expert on the recovery-orientated approach in mental health**; with special interests in **nature-based mental health interventions, recovery in psychosis, and service user involvement in mental health care/research.**

Donal has completed his PhD in Meaning in Life at Trinity College Dublin. He currently works in **DETECT, Ireland's early intervention in psychosis service.** His work focuses on **mental health recovery** and he has a proven track record of publishing in **peer-reviewed journals** and **presenting at international conferences.** To date, he has played an integral role in the development and rollout of **multiple projects** and initiatives that have promoted positive mental health in communities in Ireland. Donal is on the **editorial board of the Irish Journal of Psychological Medicine** and is an occasional lecturer at both Trinity College Dublin and University College Dublin. He is the **Co-Founder of Nádúr Centre for Integrative Forest Therapy.**