



TEAM & LEADERSHIP DEVELOPMENT

"Hike It Out Coaching" Programs



Hike It Out Coaching - Rino Consulting Solutions

Oakland, CA

408-425-2926

www.rinoconsultingsolutions.com



Alternatives in Action High School staff in Oakland, during a Vicarious Trauma Healing Hike, Feb 2017

WHO WE ARE

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Established in 2016, Rino Consulting Solutions is a nature-based coaching & consulting firm that builds and supports individual and community capacity to create actionable change in our environments. Our firm believes that (1) nature provides that grounding knowledge and space to be fully heard and transformed into our true being, (2) that each person/organization already has the capacity to live an intentional and meaningful life and (3) in order to impact real change in others and the world we must first walk into our own trenches, heal through our own pains and struggles and confront the parts of our story that create diversions away from being our best selves.

Our individual and group coaching programs give you a safe and supportive space to be fully heard, increase your capacity as a leader, and explore the power of identity and its impacts on your work. We offer safe and neutral spaces for stress release and management as well as values alignment strategies.

“This was one of the best “Team Building” events that I have participated in. The staff seemed to be on one accord and rode a “wave” of communication and comradery [afterwards]. The hike helped us develop new approaches to managing our stressors at work.”

-Nakia Tesfamicael, Administrative Assistant



development **IN** nature

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Having a shared experience outdoors where the elements are grounding, offers a reprieve from the everyday chaos in your work environment. This means you and your team can let go of any stress and take a momentary pause to reconnect to your inner well-being.



development **WITH** nature

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The surrounding natural environment creates a unique experience of listening to what nature has to offer. Walking in silence opens up the space for you to tune into your inner well-being and support your development. Listening in this way will give you access to your own personal power.

Intentional Engagement

All group hikes support individual and team development by providing

- ★ Personal space to reflect on any challenges
- ★ Emotional resetting and re-grounding with a walking meditation
- ★ A shared experience outside of the typical work space/environment
- ★ Open-hearted sharing and supporting with compassionate communication
- ★ Retrieving personal power by flexing your intuition

Sunrise Hikes

 an invitation to new beginnings and exploring your passion

Ideal for

- ★ working on a new project, vision, plan, group of collaborators, etc..
- ★ needing inspiration, new ideas, new questions
- ★ to find (rediscover) passion
- ★ sunrises that symbolize fire, the sun, passion in our hearts, an energy of support

Sunset Hikes

 the acceptance of transition and letting go

Ideal for

- ★ releasing stress, trauma, emotional challenges safely into nature
- ★ needing reflection, understanding, acceptance of the present situation to guide the invitation of something new
- ★ sunsets that symbolize awareness of the present and the transition into something new and/or different, acceptance of the inevitable and laws of nature

Day hikes

 visioning, celebrating accomplishments, exploring ways forward

Ideal for

- ★ regrouping the team before or after a major event
 - ★ acknowledging the peaks and valleys of team (or individual) work
 - ★ strategizing a stronger or healthier way forward
 - ★ exploring expansiveness and possibility
 - ★ the day time that brings all elements into plain sight so we can be fully present in the experience
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Meaningful Engagement



The work of transformation is sustainable.

Support a deeper and more meaningful approach to team and leadership development by including:

- ★ **Pre-hike Focus Strategy Session** to key in on your organization's unique needs
- ★ **Follow Up Coaching Sessions** to bring consistency and structure to your growth
- ★ **Comprehensive Self Care Plans** to increase your team's sustainability
- ★ **Facilitated Workshops** for specific needs in communication & leadership
- ★ **Private Coaching Sessions** for leadership or key team members

To book a complimentary consultation to see how your organization may benefit from this opportunity, please contact us at www.rinoconsultingsolutions.com

For direct inquiries email or call at
raynelle@rinoconsultingsolutions.com

408.425.2926

About The Coach

As a seasoned professional of color in the environmental education social sector, Raynelle Rino has climbed the ranks from being on the frontlines to developing into an industry leader as a deputy director.

Today she's transferred her unique skills to increase her capacity to reach today's leaders.

As a certified transformational coach and consultant she *supports and inspires today's leaders to live in the confidence of their identities as they move around a world in the midst of social, racial, and environmental transformation*



My Story

It was the Friday after the 2016 elections when I scheduled my first healing hike. I felt a cue to manage my stress and be with my friends in nature as a result of the nationwide shock and grievance about the election results. I sent a quick text blast out to those I thought might want to be with me to heal in nature.

A good handful of folks showed up! The time I spent with them on this hike was intentionally facilitated to incorporate coaching dialog and deep spiritual healing modalities like grounding us with intentions and walking in meditation. The end result was profound!

We all experienced a sense of lighter being, happiness, and calm. The hike allowed us to release our stress and anxieties. Following the initial healing hike, I knew this approach of coaching outdoors would be implemented into my practice.
