

Explore, Connect, Thrive

Adventure Coaching: Connecting with Nature

Adventure Coaching is all about helping you connect to resources, making you feel like you belong, and smashing any obstacles that might be in your way to success!

What you'll do & when

We'll use actual nature and other natural treasures to make beautiful art pieces together. It's all about pausing, playing, and noticing the little wonders around us.

No art skills needed—just bring your curiosity and love for nature! So join us on **Monday, September 8th at 2:30 p.m.–4:00 p.m. in Interdisciplinary B, Room 369.**



Join today!

Connect with nature through Adventure Coaching and unlock the full potential of your university journey!

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