




Wild by Design

Inspiring a reconnection with nature to help individuals and teams come alive again

“Nature deficit disorder” is an increasingly spoken about phenomenon where the disconnect that modern living brings between our self, nature and others increasingly fuels mental health issues, burnout and relational breakdown in private lives as well as workplaces.

In this fascinating and practical talk Penni goes to war with the idea that wellbeing remain a matter of “business as usual”. She challenges the status quo of “tick box” boardroom mental health talks and proposes an alternate way to bring wellbeing back to individuals and teams - collaborating with nature as the therapist.

In this talk, Penni will explain

-  **Nature’s Free Download:**
The fascinating science behind nature-connection and why it feels so good
-  **Interconnectivity and reciprocity:**
How to combat isolation and “numbness” that hinder productivity, motivation and drive
-  **The Wild Self**
Tapping into insights and shifts that you desire for yourself and your team



“Her warmth, humor, creativity and all-around good nature round out her technical qualifications beautifully. She has positively influenced our team in truly immeasurable ways and I am exceedingly grateful on behalf of our entire team!”

UNICEF



Penni Cox

Called a “**Flying psychologist**” by MSF, Penni has worked all over the world as a mental health professional. She has worked with individuals and teams from Afghanistan to New York, from adolescents in private clinics to the top female leaders’ retreat dignitaries hosted by the UN Deputy Secretary General.

She is happily occupied with supporting any individual or team in their journey of self-awareness and growth, and - after 20 years in this business - is proud to be formally collaborating with nature - who through her own admission - is the better therapist.

She is the founder and lead psychologist of Alive Eco-Journeys, a Ted-X speaker and if it isn’t evident yet - a people’s person!

Credentials and Affiliations

HPCSA Registered Counselling Psychologist

Dialectical Behaviour Therapy (DBT) practitioner

Ecotherapy Nature-Connection Practitioner

Forest Bathing Guides Organization (South Africa)

Former Doctors without Borders Mental Health Advisor

Former United Nations Staff Counsellor

TEDx Speaker: [Be curious, be connected](#)



AliveEcoJourneys@gmail.com



+27 66 222 6522