



LET'S TALK STRATEGY



Transform Your Workforce with Nature Therapy

Science-based nature interventions guided by a certified expert to support emotional, cognitive and occupational wellness.

Trusted by professionals, HR leaders, and purpose-driven organizations.



Enhance Creativity



Support Mental Health



Foster Team Cohesion

Flexible Services

Currently offered in English. I look forward to expanding language options in the future.

Group or 1:1 sessions

Build emotional clarity, grounded leadership, and psychological safety in high-pressure roles.

Custom Wellness Programs

Aligned with your company's retention and performance goals to lower burnout risk, and reduce absenteeism.

Team Off-sites

Guided retreats that rebuild trust, improve team connection, and reduce disengagement.

Lunch-time Reboots

Short (virtual or in-person) resets to improve presence, reduce mental fatigue, and support focus.



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