

DEVELOPING SKILLS & CONFIDENCE



helping people
engage with nature
to feel better in
mind & body



‘WORKING WITH GET
OUT MORE GAVE ME THE
CONFIDENCE TO DO THE
JOB I DO NOW’

TRAINEE

79% OF PEOPLE
DEVELOPED NEW
SKILLS DURING
GET OUT MORE
SESSIONS



DEVELOPING SKILLS & CONFIDENCE



CONFIDENCE
AND SKILLS

Our outdoor skills-based programmes help people of all ages to develop confidence and share their skills with others. Our training, volunteering and employability programmes are equipping adults to achieve their goals and helping to grow the workforce of the future.

Get Out More uses local woodlands, parks and natural spaces to bring people together, be active and feel good, working towards our vision: **communities and nature growing healthier together.**

Find out more:

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   GetOutMoreCIC