



# FACILITATOR DEVELOPMENT PROGRAM

(September 2026 - January 2027)

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## PURPOSE

- Nature is not a setting. It is our home and our teacher. It is older and wiser than any leadership model, coaching framework, or organisational theory.
- The people who come to this program are already exceptional at what they do. What brings them here is a different kind of question: Is there more? Is there a deeper way to work that nature can help us with?
- The FDP exists to develop senior practitioners who can work with nature as a genuine partner in human transformation — not as a backdrop for an offsite, but as a co-facilitator with its own intelligence, its own timing, and its own way of surfacing what needs to be seen. We do this safely, rigorously, and with deep joy.

## INTENTION

- Before we hold space for others in the wild, we have to be deeply connected to ourselves.
- This program strips back the role, reputation, and rhythm of daily professional life, and asks a more fundamental question: What is your true nature? Not as a philosophical exercise. As a lived experience, in wild terrain, in solitude, and in community with peers who bear encouraging witness.
- What we hear again and again is that the big revelation for participants isn't something new, but something recovered. A quality of presence. A clarity of knowing. A deeper grounding in what they have to offer the world. This reconnection is profound, and it ripples outward into how people facilitate, lead, and live.
- That reconnection – to yourself, to others, and to the natural world – is what we are here to develop.



## WHY ARE YOU HERE?

- You're excellent at what you do and are called to take your work into nature
- You want to experience genuine transformation before you design it for others
- Your clients (and the world!) need something different, and you want to serve
- You're wanting to be challenged and lean into a new kind of learning
- You want to belong to a community of practitioners who share a deep passion and practice in this work

## WHY IS NATURE THE ANSWER?

- Nature quiets the noise that demands performance; it returns you to what's true
- Nature holds our same multitudes, presenting the most honest mirror available
- Physical challenge creates conditions that comfort can't: new edges, new insight
- Solitude in wild terrain surfaces what months of coaching rarely reaches
- What you rediscover here is embodied – the shifts stay with you



# LEARNING OBJECTIVES

This program is a co-creation between TrailHaven, our faculty, and participants.

## How we invite participants in:

- Open to a genuine personal development experience
- Grow your capacity as transformational facilitators, coaches, and conveners, with nature as an active partner in that work
- Practice new facilitation approaches in unfamiliar environments, and develop the confidence to trust when wilderness does not follow our plan
- Experiment in your client work and daily life by applying the principles, methodologies, and formats explored in the program
- Be ready to build hands-on outdoor competencies that earn trust in the field: navigation, rough terrain, adapting plans, nutrition, fire, shelter

## Following the program, participants can:

- Design and execute nature-based transformative learning programs
- Work with the full five-phase trail planning cycle
- Bring new clarity on their personal relationship with nature, others, and themselves into their facilitation
- Partner with nature as an energy source, and apply a methodological framework for development
- Potentially serve as a facilitator on TrailHaven programs or discover other ways to collaborate





# PROGRAM ELEMENTS

## VIRTUAL COHORT LEARNING

- **Launch.** Group convening and creation of a holding space. Start of learning pods.
- **Foundations.** Design of learning experiences that support, extend, deepen, and transformation.
- **Nature and energy.** Facilitation topics on the value of nature, systems, energy, and personal leadership.
- **Intention-setting and logistical prep** for Wild Journey.

✓ Setting the Stage & Deepening Learning

## IN-PERSON WILD JOURNEY

- **Creation of a care-full developmental space** for exploration of the self and of this unique format.
- **Recurring rituals** to anchor each day and ground new awareness.
- True **experiential learning** in the wilderness.
- Seeing **nature as a system** and tool for outdoor facilitation.
- **Vision quest** for purposeful self-encounter.
- Your journey and **next steps.**

✓ Core Group Session & Experiential Quest

## SMALL GROUP WORK

- **Self-directed learning pods** that carry through the insights and experiments from plenary sessions.
- A **supportive space to try on new ways of being and leading**, and to share feedback from facilitation experiments.

✓ Create Space for Change & Deepening Bonds

## TRANSFERENCE

- **Carrying this fire forward** to your life, family, client work, and organizations.
- **1:1** check-ins with faculty and peers
- **Experiments in design and launching** an in-nature program with peers, family, clients, and/or with TrailHaven

✓ Bridging this experience into work and life



# PROGRAM FLOW





# WILD JOURNEY - HIGH LEVEL AGENDA

The centrepiece of the FDP is a seven-day immersive wilderness experience in the Spanish Pyrenees. A personal development journey, a live practitioner laboratory, and the formation of a lasting professional community.



Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

**Landing**

**Earth:  
Nature as Teacher**

**Fire:  
Group Dynamics &  
Live Process**

**Air:  
Energy  
Management**

**Water:  
Flow & Depth**

**Ether:  
Vision Quest**

**Future**

EXPERIENTIAL  
LEARNING

- Arrival ritual
- Sensing walk
- Creating our learning container

- Outdoor navigation
- Reading the land
- Nature, group & self as system

- Canyon hike - challenge & group dynamics
- Fire making

- High-altitude / summit exploration
- Breath work
- Energy work

- Deep storytelling
- Emotionally attuned & intelligent facilitation
- Solo prep / night (tbd)

- Vision Quest

- Integration
- Next steps

DEBRIEFING &  
REFLECTION

- Slowing down, creating space
- Physical & emotional preparation

- Nature as mirror & metaphor
- Inclusion & program design pivoting

- Risk Management
- Stretching self
- Holding the heat & group process

- Managing your own energy
- Titrating intensity for the group

- Trusting process flow
- Holding depth safely
- Personal reflection in nature

- Personal reflection in nature



# WHAT OTHER FDP PARTICIPANTS EXPERIENCED



## VOICES FROM LAST YEAR'S COHORT

*I loved all of it, even the bits I didn't like or that confronted me with things.*

*FDP changed my life... I heard nature calling me. It revealed a deeper part of myself and an old layer ready to be shed. I came back with a new professional direction and an inner knowing of my own power - and a call to live my life more fully, in alignment with my truth.*

*The quality of holding the space was the highest level I've experienced. Tremendously professional and at every moment I felt safe, included and cared for.*

*I really appreciate the care and attention of the facilitators and guides. Integrity and excellence. I like how they set the culture for our group to progress as we did. I will use that model for my own endeavors going forward.*

*In hindsight, the only way I got to appreciate the transformative power of a reflective wilderness experience on others was to experience it myself. The FDP shattered my expectations - the sky is literally the limit.*

*I think it was a hugely impactful program, unbelievably thoughtful in terms of both the overall design and all the little details.*

# JOURNEY VENUE

## CASA CUADRAU

Vió, Huesca, SPAIN

Casa Cuadrau grew with the intention of sharing Yoga as an Art of Living and Love for Nature.

We provide a warm, honest and safe atmosphere, so our guests can feel comfortable when they open themselves and meet their own truth in the present moment.

Casa Cuadrau is an ideal retreat home in which to experience the principles and techniques that help us to practice this profound Art of Living, encouraging us to reconnect with Mother Nature and to cultivate the state of Yoga.



- Barcelona (300km - 3h38m)
- Zaragoza (204km - 2h42m)



Within the Natural Park of Ordesa, the Añisclo canyon is one of the most spectacular places in Aragon, sculpted over millions of years by the intense erosive action of the Bellós River. Many trails accessible by foot.



# INVESTMENT

## Trailhaven Facilitator Development Program 2026

**Application Deadline:** June 5, 2026 (or until FDP is full)

**Journey Length:** 5 months (September 2026 - January 2027)

**Participants:** 8-12

**Faculty:** 4-6 of TrailHaven's Core Team incl Co-Founders, Energy Medicine Practitioner, Breathwork facilitator, FDP graduates & Guides

**Elements:**

- 3x Virtual Sessions (9 hours in total)
- 1:1 Coaching (1 hour)
- Wild Journey Retreat (7 days)
- Peer Forums (4x 1.5 hour)

**Included:**

- **TrailHaven Faculty** time
- Food & accommodation during **Wild Journey Retreat**
- Virtual **Team Sessions**
- **1:1 Coaching** post-retreat
- All group & activity **equipment & materials**
- Personal **rental equipment**

**Wild Journey Retreat:**

- **Location:** Pyrenees Spain.
- **Dates:** Nov 4-10, 2026

**Not Included:**

- Participant **travel to destination**
- Purchase of **personal gear**
- **Travel & travel insurance** expenses

**Total FDP Investment:  
7.400€ (ex.VAT)**





# EXPECTATIONS AND REQUIREMENTS

## Application Process

- Complete application online by June 5 (or earlier as process will close when program is full)
- Required documentation and pre-work
- Rolling admissions beginning in April
- 1:1 interviews and Q&A (if applicable)

## Previous Experience

- Professional facilitator, executive coach, or similar
- Life or personal growth coach
- Talent development or POPS/HR
- Nature or/and mountain guides

## Physical Ability + Comfort

- Participants should be able to walk outdoors in uneven and mountainous/forest terrain with a 8kg / 18lb pack for six hours, or about 15km / 9mi
- Most nights will be spent indoors. Up to two nights may be spent camping in hammocks or tents
- If you have any questions or concerns please contact us

## Gear

- You will receive a detailed gear list upon acceptance
- Specific group, technical or cold-weather gear will be provided

## Climate

- Ordesa National Park in Huesca Spain can have an unpredictable climate in November
- Temperatures range from an average low of -5C/23F at night to a daytime high of 10C°/50F



## FACULTY TEAM (1/2)



PETER VAN DER VLIS  
**Faculty + TH Co-Founder**

Co-founder of Aberkyn in 2012, and TrailHaven in 2021. Facilitator of wilderness trails since 2005, on all continents, taking global leaders into the wilderness to reconnect with self, each other and nature. Peter's love for learning has led to an unmanageable array of free time hobbies.



CAITLIN COCKERTON  
**Faculty + Program Director**

Caitlin brings 15 years in business consulting and coaching to her roles as Program Director, Facilitator, and Faculty, leading thought leadership and program design when not on trail. She's inspired by how the landscape outside always illuminates the landscape within. Outside work, find her trail running, splitboarding, and plotting the next family adventure.



GERARD VAN DEN BERG  
**Faculty + TH Co-Founder**

Founder of X-Ploregroup, European Wilderness Education School and co-founder of TrailHaven, with over 25 years of experience guiding people back into connection with their natural selves and the wild places around them. Expert in expedition design, Wilderness Guide training, and trail-based learning.



## FACULTY TEAM (2/2)



ANNA GILI

### Faculty + TH Operations Lead

After getting her certificate as a Wilderness Guide, Anna moved to Panama, where for over 5 years she was leading outdoors programs and guiding expeditions in the rainforest. Currently, she focuses on TrailHaven's operations and communications around the world. Anna is re-rooting in Spain where she grew up.



JYOTISH PATEL

### Faculty + TH Wisdom Keeper

Jyotish initiates rewilding leadership adventures for personal revelation, visionary leadership and systemic regeneration. To awaken the essence of our life purpose, embody our soul and make it visible in the world so that we can truly authentically lead and live the life that we came to experience and wholeheartedly belong to the world.



BRAM VON BLOMBERG

### Faculty + Facilitator

Bram has 25+ years of experience as wilderness, mountain, and wildlife guide with a strong interest for personal development, meditation energy and breathwork. Currently founder of BigSoulia, Director of the European Wildernes Education School and Wilderness Facilitator TrailHaven.



## FACULTY TEAM (3/3)



JOSETXU ESTEBANEZ

### **Safety expert & Guide**

Has led numerous expeditions in the 5 continents in search of challenges where the person is only one more piece in the wild nature. High Altitude Mountain guide (UIAGM) with more than 30 years in the Mountain Rescue Group, and Dive Instructor.



RAFA CARRASCO RUIZ

### **Trail Chief & TH Lead Guide**

Rafa is a Trail Chief at TrailHaven, lead learning co-ordinator at EWES, a certified wilderness guide and International Mountain Leader. With a background leading complex projects across multinational companies, he now brings that expertise into wild settings, guiding individuals and teams through meaningful growth in nature.



LLUM COSTA

### **Guide**

Certified UIMLA mountain leader, biologist, and yoga teacher, Llum guides groups across Europe, combining nature interpretation, environmental education, and well-being practices. Passionate about outdoor sports and circus arts, she brings movement and body awareness into her work in nature.

## ABOUT TRAILHAVEN

*Certified guides, master facilitators, and eager, open leader-learners from client & partner organizations.*

### What we do

We design immersive experiences in nature that help people reconnect - to self, to others, and to what matters.

### What makes us different

Global delivery, any season. Exceptional locations. Skilled facilitators, guides, and specialist partners.

### How we work

A distributed team based in the Netherlands, Spain, and the United States.

### Our values

Authenticity. Care. Simplicity. Joy.  
Leave no trace, always.





## 2026/2027 ONGOING LEARNING PROGRAMS

At TrailHaven, you have several pathways to deepen your learning after the initial FDP, each offering a unique approach to self-discovery. By embodying ancient practices, combined with deep nature immersion, you will access new levels of consciousness, clarity, and meaning. Choose a rite of passage ceremony for profound personal insight, challenge yourself with an expedition that integrates physical endurance with facilitation skills, or explore breathwork and energy practices to enhance presence and inner balance. Each path provides a distinct way to refine your coaching abilities and enrich your practice.

### Rite of Passage

Dates: Oct 16 - 25, 2026  
Location: Spanish Pyrenees  
Contact: Peter van der Vlis  
peter@trailhaven.com



### Patagonia Expedition

Dates: Nov 28 - Dec 6, 2026  
Location: Patagonia  
Contact: Alexander Martin  
alexander@trailhaven.com



### Breathing in Nature

Dates: March 2027  
Location: Spanish Pyrenees  
Contact: Bram von Blomberg  
bram@trailhaven.com





TRAILHAVEN

[www.trailhaven.com](http://www.trailhaven.com) | [info@trailhaven.com](mailto:info@trailhaven.com)