Lea Appleton, MA, MDiv, PCC, NBC-HWC

Discernment Coach and Wayfinding Guide | Founder, Wild Wayfinding

Lunch and Learn and Workshop

About Lea

Lea Appleton walks. A lot. It is how she finds her bearings and how she helps others find theirs through her practice at Wild Wayfinding. She's the author of *Walking & Wayfinding: Create Your Own Mindful Practice, One Step at a Time* and the voice behind the Hip Hiker blog. A Discernment Coach and Wayfinding Guide (ICF-PCC and NBC-HWC), she has been featured in Forbes, AARP, Everyday Health, and mom.com, and has appeared on podcasts around the world. When she is not coaching, you'll find her on neighborhood sidewalks, local trails, the mountain ranges of California, or hosting a labyrinth walk.

Signature workshop

Creating a Noticing Practice

45 or 60 minutes (90 for Artistic Expression) | Lunch and learn, workshop, or retreat session

In this hands-on session, Lea Appleton guides participants through the simple practice of noticing, using ordinary objects and the space around them. Each session gives a group a shared moment to slow down in the middle of a full day. Beginners and seasoned practitioners are equally welcome.

Choose the practice that fits your group:

- **One Tangerine and Your Five Senses.** A five senses exercise with a tangerine, then a short walk.
- **Wayfinding at Your Desk.** A noticing practice with an everyday object, at a desk or in a meeting room.
- **Hand-Held Labyrinth.** A settling practice that traces a small labyrinth with a finger or stylus.
- **Artistic Expression.** Noticing through breath, doodling, poetry, movement, music, and journaling

Half-day workshops: available on request, combining several of these practices.

Participants leave with: a noticing practice they can use in a minute, anywhere, a short practice to repeat alone or with a partner, and a shared experience to talk about with colleagues and friends.

What the host provides: A space for the group. Materials vary by practice.

Pairs well with: *You Are Here: Finding Your Bearings, One Sign at a Time*, the signature keynote.

Best for: corporate teams at every level, from individual contributors to senior leaders (including tech, entertainment, and ERGs), higher education teams, clergy and faith teams, lunch and learn series

What participants say

"Lea's calming presence, thoughtful guidance, and intentional approach created such a grounding and meaningful experience for all of us. She reminded us of the power of slowing down, tuning in, and being present—not only in our work but in our everyday lives. The practices she shared will stay with us and continue to support our wellbeing moving forward." —The Wellness Team

Credentials and media

Professional Certified Coach (PCC), International Coaching Federation. National Board-Certified Health and Wellness Coach (NBC-HWC). 425+ clients across 22 countries and six continents, with 1,875+ coaching hours.

Author of *Walking & Wayfinding*, which debuted as an Amazon #1 New Release and became a #1 Bestseller in Walking. Featured in Forbes, AARP, Everyday Health, and mom.com, and a guest on podcasts including High Velocity Business Radio and The Passionistas Project.

hello@wildwayfinding.com | wildwayfinding.com | @wildwayfinding