



*Reconnect to yourself,
others and nature
for everyday wellness.*

Based on rigorous scientific research and practical implementation, GreenX7 shares how we can reconnect to self, others and the natural environment to improve productivity, connectivity and creativity in the workplace.

We focus on 3 areas for everyday wellness:

Self

Looking at the need to self-care and create a life rhythm for our 'everyday wellness'.

Others

The vital importance of connection to others and how this significantly supports our overall wellbeing.

Natural environment

The science behind nature's medicine cabinet and how we can utilise it to help prevent mental and physical ill health and improve our wellbeing and life.

We do this through our X7 elements M.E.E.T.C.U.B.



Movement

How movement can positively change our mental, emotional and physical state.



Time

How we can steal back time for what matters most.



Environment

Sharing the incredible science of how nature can be used as medicine along with improving mood and state of being.



Connection

How connection to self, others and nature is the best medicine.



Universal

Opens up the 8 cornerstones to finding a balanced life.



Earthing

How going barefoot can greatly impact our physical and mental health.



Breath

Teaching the tools of breath and presence.

"I was introduced to Tim Jack Adams and GreenX7 at Camp Eden in 2016. The simplicity and clarity of the core elements that make up GreenX7 contributed to me making some immediate and bold decisions to align my life and work in greater balance and harmony with the 'universal compass' as my guiding posts. As a result, I'm a more conscious creator of my life experience. I'm happier and managing my priorities with greater clarity and deliberate intention. Thank you Tim for helping me to reset my sails in a very practical and pragmatic way."

~ Josie Thomson – Multi-Award Winning Coach (MCC) • International Speaker & Presenter • Mindset, Resilience & Change Leadership Expert • Lifestyle Author

Participant workshop tools



Workshop 1 Introduction

An introduction to GreenX7 and the science behind the health and wellness benefits each element has on our mental, emotional and physical health.

Delivery: 60 minute presentation, workshop or keynote.

Workshop 2 Implementation

Implementing the 'Play for your Life' cards and workbook as tangible tools to create a life rhythm for an individuals 'Everday Wellness'.

Delivery: 90 minute highly engaging and interactive workshop.

X7 Breakouts

Implementing a nature based activity allowing participants to reconnect, revitalise and enhance their creativity and productivity that can be transferred to their every working day.

Extension programs

Incorporation | Integration | Immersion



GreenX7 is made up of 7 core elements built upon rigorous scientific research and practical implementation through the tireless work of dedicated individuals and organisations.

greenx7™

To host a GreenX7 workshop or for 1 on 1 coaching please contact us at info@greenx7.com

www.greenx7.com