

*GreenX7 facilitator*

# Brianna Marie Croke

**Founding Facilitator of GreenX7**



## My Why

For as long as I can remember I have always loved connecting and interacting with people. Growing up on 140 acres in a National park, my childhood was also intertwined with nature and I came to appreciate it as both a playground and classroom, learning and developing tools to connect to myself and my surroundings much greater. This foundation has supported me throughout my work and daily life beyond words.

Looking into society, I see a major decline in people's relationship to nature as well as true face to face connection, with the increase of social media. GreenX7 embodies me, my values and what I stand for, supporting me with invaluable tools and an incredible platform to continue to inspire and share the value of reconnecting to self, others and nature for everyday wellness.

## Background History

Combining my two passions of people and nature together, I trained to be an Outdoor Specialist working for a number of years within the Education, Sport, and School camp sector. This led me to see a strong link between behavior, growth and the power of experiential learning. In 2011, I was diagnosed with an autoimmune condition and came to directly feel and understand the importance of connecting to and looking after our own bodies and health. This experience required me to develop a greater relationship to my own wellbeing and has become the greatest gift I could have asked for. Nature became a major component of my healing and recovery.

In 2013, I joined forces with Tim Jack Adams to combine 'head and heart' and to further explore the interrelationship between nature and our wellbeing. The findings and understanding behind this blew us away - and GreenX7 and my role as a founding facilitator formed and flourished.

### Skill set

**Connection  
Facilitation  
Mentoring  
Heart**

### Favourite Elements

**Connection  
Environment  
Universal**

### Green Exercise

**Bushwalking/Hiking  
Camping & Nature  
Exploration  
Kayaking/ Paddle  
Boarding**

### Quote

In every person there is a sun. Just let them shine.  
~ Socrates