



## Heather Johnston

**Heather Johnston** is a Development Consultant and Business Coach who works with clients, both individuals and organisations, to strengthen their mental capital and wellbeing. Heather is also a visual artist who walks often, sometimes accompanied by her dog, using the break away from work as a time to relax and as a catalyst for her own creativity. She is increasingly using walking and art in her coaching work, as she believes the arts and creativity help to develop meaningfulness within people's lives.

Notes from **Heather Johnston's 5 year walking forecast for Talking Walking:** Recorded over the telephone in December 2013 and published in January 2014 on <http://talkingwalking.net>

To mark the fifth anniversary of Talking Walking, we asked thought leaders to make their 5 year predictions about the state of walking in the fields in which they work and the places where they live. Respondents were asked to call a Skype number to leave their forecast, identifying who they were, what work they were doing that revolved around walking, and what their forecast was for walking in the next five years. We recorded these voice messages and reproduce them here: <http://www.talkingwalking.net/5-year-walking-forecast/>

### Links to further information on topics mentioned:

Heather Johnston's coaching website: <http://mindtrip.co.uk/1/>

Heather Johnston's art website: <http://www.heatherrachel.co.uk/>

*mindfulness* is a way of paying attention, of being deeply attuned to yourself, your environment and those around you. The key benefits of taking a more mindful approach to work and life are that it enables an individual over time to:

- 1 become more aware of the present moment and to be more acceptant and resourceful in time of stress
- 2 to help people to focus and concentrate, giving people greater attention and allowing for greater creativity
- 3 become more socially and emotionally aware, building more understanding in our relationships with others

To find out more about mindfulness please visit Michael Chaskalson's site where Heather undertook her training: <http://www.mindfulness-works.com/>