

**SEASONS OF OUR LIVES  
CLOSING CELEBRATION  
Integrating the Learning  
June 13, 2026**



We have reached the end of our nine-month Seasons of Our Lives journey together. It has taken us on an external journey in nature and an internal journey of healing and awareness. Now it is time to look back at all the hard work we have done and to celebrate!

The June webinar will be set aside for this purpose. In preparation for that, we encourage you to use a nature quest as a primary means of reflecting on what you have learned or experienced in the program. What has nature taught you? How did the poems, music, and other resources impact you? What are you taking with you as key learnings?

You will find a Nature Quest guide on the SALC website, Month Nine to assist you.

Each person will have an opportunity to share their reflection at the June webinar. This is a chance to use your creativity, and have fun putting it together. Many of you have photos, poems and reflections to look back at as an aid. Perhaps you would like to make a short video, create a collage or poster board, choose or create a piece of music that highlights your learning, or write a poem or story. You may also share key learnings verbally. In addition, you can share what activities you found helpful, items you collected in nature, reflections from being in a small group, or whatever was meaningful or challenging for you. This exercise is to help you reflect on your experience, and to share it with the rest of the group. We learn best when we share with others. Your presentation will provide a 'snapshot' of your experience and should not take more than five (5) minutes to present.

We hope you will embrace this and find it meaningful.

**IN SUMMARY:** During our final webinar you are invited to make a max 5-minute presentation on one or all of the following:

- What have you learned through your nature quest experience?
- How have you moved through the seasons of your life this year?
- What would you like to pass on to those you love from what you have learned?
- How will you use your learning from this track going forward in your life?

If you wish you may pre-record a video or prepare something in writing in advance.