

Here's a sampling of the programs I can bring to your community. All presentations can be done online or in person. Fee: \$ 350 +travel, overnight accommodations for some locations. Keynotes are customized presentations based on your needs. Fee: \$600 +travel, overnight accommodations for some locations

SLOW BIRDING WITH THE BIRD DIVA

Sounds a bit strange, “slow birding”. But, it is possible to change how we approach traditional birding and what we get out of it. Slow Birding is a contemplative practice that builds a deeper observation of birds and wildlife while simultaneously creating a deeper connection to yourself and the place you live. Available year-round.

BIRDING & WELLNESS

In the midst of this unprecedented time, people are in need of daily practices to cope and to maintain their well-being. What would it look like if we used our interest in birds to reduce stress and anxiety and return to our senses in an effort to practice wellness? Join Bird Diva Bridget Butler for a presentation and discussion exploring how birding can boost our well-being and stave off stress and anxiety. Available year-round.

THE LOST LEGACY OF WOMEN IN BIRDING

Think of this presentation as the her-story of birding and the celebration of noticing female birds. Let's face it: there's a bit of bias in the birding world regarding females. I'll break down some of the most interesting new scientific studies on female birds and share with you some of the stories of the Mothers of Ornithology. Available year-round.

DEEP LISTENING & BIRDSONG

Open your senses to an immersive experience exploring how birds lend their voices to our local soundscapes! We'll fine-tune your ability to listen to each layer paying attention to the relationships between sounds. Bird Diva Bridget Butler, will guide you through a variety of soundscapes that birds inhabit adding a whole new layer to the way we listen to the natural world. Available year-round.

REWILDING YOUR YARD FOR BIRDS & YOU

Slow birding brings us into practice with the land as well as the birds and ourselves. Find out how to create your own Slow Birding Sanctuary in your yard that provides healthy and diverse habitats for birds and a place for you to sit and observe them. Available year-round.