

WELCOME TO MY

Monthly Newsletter

so glad you are here!



Carrie Christer
COACHING

DIVORCE & BREAKUP • PARENTING • EDUCATION LEADERSHIP

Let Me Introduce Myself!

Carrie Christer

I AM AN ACCREDITED COACH SUPPORTING
MUMS WITH ALL OF LIFE'S CHALLENGES

I want to empower those mums out there to cope
with whatever life throws at them!

What I offer you!

An accredited coach specialising in parenting and
relationships. focusing on divorce/breakups

Understanding your situation - I am a working mum of 3
children

My 30 years in education - gives me experience to help
support you and your family

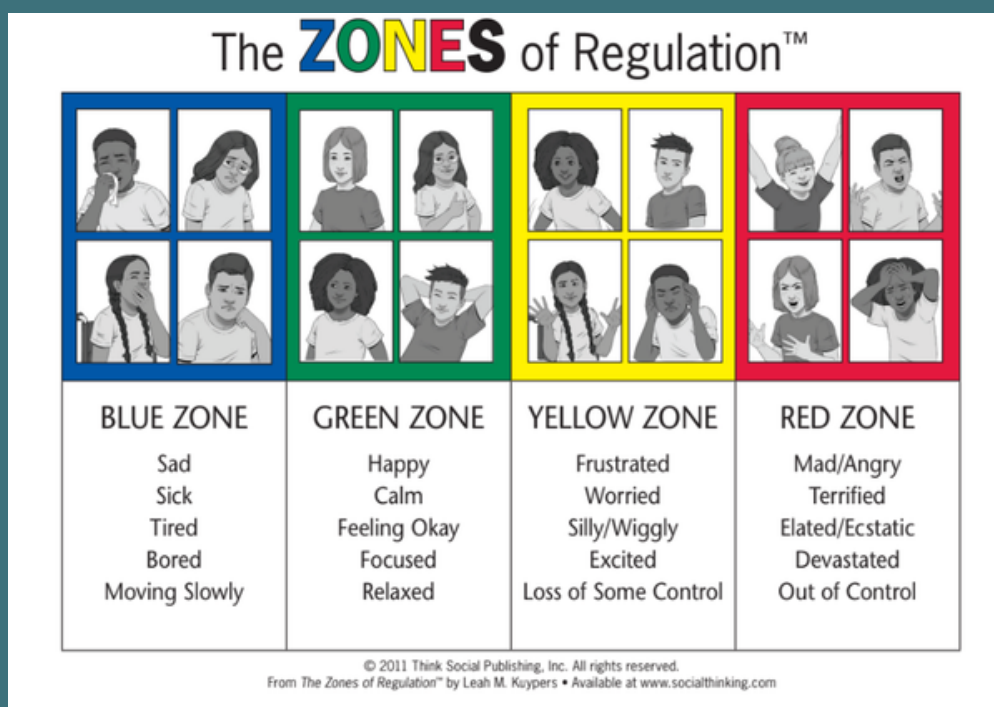
Tools and resources you need to cope with whatever life
throws you. From parenting to divorce/ breakup we have it all
covered!



Understanding our feelings

As a coach I am passionate about supporting families to understand their emotions and strategies to deal with these emotions. In schools we have great resources that I think you mums would find so helpful. Leah M. Kuypers came up with “zones of regulation” and this is a great resource to support you and your children to navigate the emotions and challenges you face in life. As a coach I share these tools and strategies and as a mum of 3 I have used these daily. Parenting is never easy.

If this is something you want to learn more about call me for a free discovery call.



Which Zone are you in ?

Do your zones change during the day?

Do you function in one particular zone?

There is no right or wrong zone - you feel how you feel.

How do you respond while in the different zones, Have you got the ability to bring yourself back to Green?

If you find this difficult or your children do!

This is where I can help!

carriechristercoaching.com



Are you expected to be supermum?

Feel what you feel!

Life can be overwhelming at times and mums are expected to be everything to everyone. Things can feel really chaotic at the best of times. So, when you throw in the mix a relationship breakdown; Now you have to navigate all of life's expectations alongside dealing with a broken heart. How do you deal with all of these emotions and still keep things as normal as possible for your children?

You don't have to do this on your own, it can feel impossible to reach out for help but here are a few things you can do to try to help you move forward.

It is perfectly normal to feel what you are feeling.

Allowing yourself to feel what you are feeling is really important and it is perfectly normal to go through a whole host of emotions

You may be feeling :

- denial
- angry about the situation you find yourself in
- feeling “why me?”
- thinking if only I hadn’t said this or done that
- feeling very sad or depressed
- starting to accept and seeing glimmers of hope

Be assured all these feelings are perfectly normal and part of the cycle you will go through. Understanding this is so powerful, because what you are feeling is normal know that you will reach a form of acceptance and you will be able to move on.

- how quickly you do this is up to you!
- my job as a coach is help you navigate this so you can move on positively with your life.

When I went through my breakup I got stuck in the “why me?” “what if ?” cycle .

I wished I had had the tools as strategies I learnt through my training course to become an accredited divorce and breakup coach. If I had had these resources and someone to explain them and support me I would have moved on much more quickly and got to acceptance in a much healthier way. enough I never found the answers to the “why me” questions. Eventually I stopped asking those questions

A quicker fix would to have replaced them with one or more of the following

- positive affirmations
- things I am grateful for
- Written a list of things that annoyed me about said person.

These things are small in themselves but start to make a big difference to how you feel.

If this is you caught up in those negative questions have a try at one of the above and see if those small changes over time can make big differences.

You’ve got this!

If this is something you would like help with then check out my website and and sign up for a free discovery chat

carriechristercoaching.com or WhatsApp me on 079502858717