



## NEWS FROM APRICOT LANE COACHING

I love autumn—not quite as much as I love summer, but on a level footing with spring, leaving winter as the only season I really don't like very much.

September finds me feeling purposeful at the start of a new academic year, even though I've been out of the education system for a few years now. I got back into a work routine, having enjoyed a lazy August. I redesigned my spare bedroom, put up shelves and organized storage. I rearranged the garden, bringing autumn-flowering pots closer to the house and I built a new raised bed for autumn crops.

In October I celebrated a milestone birthday, spending a weekend at the coast with close family and friends and I've booked a solo trip to Paris in November.

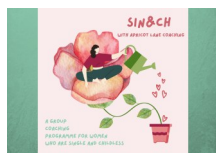
Now that makes it sound like I've been living life at a hundred miles an hour, but don't get the wrong idea!

In between the busyness, I've had plenty of restful times; watching my favourite autumn TV programmes, reading magazines, taking gentle walks and working on my book.

I find contentment in a good balance of activity, rest, work and joy; sometimes with other people, sometimes with just my own company.

When I'm coaching with my workplace wellbeing clients, I see so much anxiety, resentment and fatigue caused by the impossible demands in many work settings. It's rewarding for me to be able to work with these clients, finding ways to manage workload, time and pressure; but I do get frustrated by the unrealistic and unhealthy expectation that employees work at 100% capacity 100% of the time! It's just not sustainable and I'm really glad I don't have to do it anymore!

## SIN+CH NEWS



*SIN+CH is a unique online coaching group for women who are single and childless. We meet online once a month, offering a safe and friendly space to talk about the issues and challenges we face as single and childless women. I also send a video message and a task to complete in-between our meetings.*

The SIN+CH coaching group has been looking at how we find purpose in our lives, in the absence of children and partners.

We identified that purpose and meaning can come from many different sources and that it's best to tap into the ones that resonate with our values, strengths and ideas. Some of my current purposes include creating opportunities for different experiences, participating in my local community and writing my book.

Next month we'll be looking ahead to Christmas as a childless and single person. For some, it is a time of year that is anticipated with dread, so at SIN+CH we look at alternative ways of doing the Festive Season.

You can link to SIN+CH here  [SIN&CH](#)

### #Coachinglife

Fossil hunting in North Somerset. I just can't get my head around the wonder of finding something that hasn't seen the light of day for millions of years!

And a rainbow especially for my birthday!



You can see more of my  
#coachinglife  
on Instagram  
@apricotlanecoaching

## Coaching to Move Forwards from Childlessness.

There are many different ways that people find themselves childless not by choice. The story most commonly told is of infertility for medical reasons, which is sometimes, but not always, overcome through IVF. That in itself is a difficult journey that often ends without a baby; a story which might then stay untold.

One of the more hidden reasons for childlessness is the reluctance of one partner to have children. Perhaps they already have children from a previous relationship, or maybe becoming a parent was never on their agenda. It would be easy to assume that this would be something that a couple discussed before committing to each other, but things are rarely that straightforward.

"How do you feel about having children?" isn't necessarily a question you would feel comfortable asking at the start of a relationship—a bit intense maybe? And then as the relationship moves forward and "love" becomes a factor, how easy would it be to call it off when it turns out you don't both want the same thing?

I've worked with clients who have made the decision to separate and others who have stayed with their partner, giving up on their dream of having children. Either way, it's a heartbreaking choice to have to make, with long-lasting repercussions.

There was a client whose partner changed their mind half way through fertility treatment and without the consent of both partners, the embryos couldn't be used.

And another who thought being a step-parent to her partner's children would be enough, but was never able to establish a maternal relationship that met her need to be a mother to children of her own.

As a coach, I never judge my client's choices and actions. We all make the best decisions we can, with the information and resources we have available to us at the time. My role is to listen to their story and to help them find a way forward from a sad situation.

INSPIRATION...from  
Lucy Meggeson

*Learning to embrace being alone is something that will serve us well, not least because happiness is an inside job. And while there is a general tendency for society to favour company over solitude, surely it's crucial for us as human beings, to be able to sit comfortably with ourselves?*

In her book, **Shiny Happy Singles**, Lucy celebrates having a single and child free life. Whilst a long-term single status might not be everyone's cup of tea, being happy in your own company is essential to wellbeing.

### Coaching Questions.

What do you really enjoy doing by yourself?

How often do you give yourself the opportunity to do this?

What is it like to spend time by yourself?

Have you visited my website lately?

There you will find my latest blog; an archive of all my newsletters; a bit about me and details of all the coaching services I offer

You can link to my website and read my Blog here



[Apricot Lane Coaching - Coaching. Life Coach. Wellbeing](#)

Looking forward to...

- The perks of being 60! A senior railcard and free prescriptions.
- Paris art galleries
- The anticipation of Australia v England Ashes cricket. Late night TV that usually ends with shattered hopes!

**You can find me on  
Facebook and Instagram  
@apricotlanecoaching**

Three Little Birds...You might remember in my last newsletter, I was looking forward to doing a pottery workshop. It was a wonderful weekend of creativity The Potthouse Collective in Cheltenham and this was the outcome!



**I hope you've enjoyed this  
Apricot Lane Coaching Newsletter.**

**Stay in touch.**

**Sarah x**

