



NEWS FROM APRICOT LANE COACHING

I'm looking forward to Christmas.

There have been years when I wasn't able to say that. Not that Christmas was ever not ok. I'm lucky to have always had family around me; my sister and brother in law host brilliantly every year; Mum and Dad are still with us; my niece and nephew were joyous as children and continue to be part of family Christmas even now they are grown up.

But in the years when life wasn't as I wished it was, I would find myself thinking "This time next year things will be better." I thought that having a partner and children of my own would be what made it better, but that wasn't how life turned out for me. And although I don't have those things, I have learned to love Christmas again, finding joy in being with family, getting creative, enjoying good food and decorating my little house just for me. Time with friends is also special at Christmas. This year I will be going to a Christmas singalong at a Chinese Restaurant, (yes really!) the village Christmas fair, a Christmas celebration at Gardening club, a turkey-fry gathering at my friends' house, a visit to another friend in Wales and a charity concert. That all sounds quite busy, but in between there will be plenty of time for snuggling on the sofa with my Christmas blanket and a glass or two of mulled wine!

I don't buy into the idea that Christmas has to look or feel a certain way. The things that make me contented at Christmas are the same things that make me contented during the rest of the year. Connection with friends and loved ones, time on my own, time to be creative, enjoying nice food and appreciating all of the above. I wish you all a contented Christmas too xxx

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 met this week to talk about some of the challenges we face with a single and childless Christmas. A festival that revolves around children and family can be an emotional time for those who aren't happy with their own circumstances. We talked about connection during what might be a lonely time, establishing boundaries for self care and appreciating small moments of joy.

We always find happiness during our meetings as well, no matter how emotive the subject matter might be. This month we inspired one member to get creative, talked about the kindness of neighbours and even found humour in the inappropriate comments of a gynecologist! If you think you might like to join in such varied discussion, you can find out more about SIN+CH here!



[SIN&CH](#)

#Coachinglife

My solo adventure to Paris was as fulfilling as I hoped it would be.



Meandering the streets of Montmartre by myself and spending hours in an art gallery were my idea of heaven!

I learned a few things about travelling solo that will be helpful for future adventures. I wrote a blog about this, which you can find here.



[Solo to Paris - what I learned.](#)



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

Coaching to Move Forwards from Childlessness.

I've already touched on how difficult Christmas can be for those who are childless not by choice. A festival to celebrate the birth of a baby, when that's something you have never been able to celebrate for yourself can make it hard to feel happy when grief might still be raw.

The story of the birth of Jesus is the ultimate "Miracle Baby" story; and Miracle Baby stories are nearly always hard to hear when you're childless not by choice. When someone feels strong enough to share with others that they have been trying for a baby without success, the instinct of the listener is often to try and make them feel better. This sometimes comes in the form of a Miracle Baby story. "My friend was trying for years and when they stopped trying, she got pregnant!" "My cousin was told she couldn't have children and now she has twins!" "I know someone who was 48 when she got pregnant!" and so on... there are many versions.

And although Miracle Baby stories are usually told with good intentions, they are rarely helpful, simply because they present such unlikely scenarios. You can guarantee that if someone is confiding in you about their fertility struggles, they will already have pinned their hopes on a miracle which hasn't come to pass. They will also have thought a lot about IVF and adoption which are other suggestions often made by well meaning others.

I have worked with over 50 childless clients in the last 3 years and one of them, yes just one, has had the unexpected and happy ending of a miracle baby.

If someone tells you about their childless journey, they don't want you to fix it, they just want you to listen.

Have you visited my website lately?

There are a couple of Christmas themed blogs from previous years you might like to browse, along with 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 those blogs here [All I want for Christmas...](#)

INSPIRATION...from
Dr Seuss

★
"Maybe
Christmas,
he thought
doesn't come
from a store. Maybe
Christmas, perhaps,
means a little bit more."
The
Grinch

Coaching Questions.

What would you like a little bit more of this Christmas?

How might you make that happen?

Looking forward to...

- Getting out my beautiful Christmas baubles
- Christmas baking
- January vision boarding!

Getting creative!

I've been decorating my own advent candles for a few years now. It's such a lovely and simple thing to do. I make one for my Mum and Dad, one for my sister, one for my friend, one for my neighbour's little girl and, of course, one for me!

I thought you might like to have a go. Even though we are already into advent, you could decorate candles for Christmas anyway.

- * Use ordinary wax candles
- * Give them a wipe with alcohol or white spirit (which is also useful for correcting mistakes as you are drawing)
- * Use acrylic paint pens (easily found online or in art and craft shops)
- * Have fun drawing stars, trees, holly, little cartoon characters or patterns
- * Easy-peasy!



You can find me on
Facebook and
Instagram

@apricotlanecoaching



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

Happy Christmas
Stay in touch.
Sarah x

