



## NEWS FROM APRICOT LANE COACHING

I love June! The days are long and the evenings are warm; there are gardens to be visited, pub gardens to be sat in, and my garden is blooming lovely! I've been on holiday with my long-time girlfriends, played lots of bowls, had a weekend away with family and strolled along the lane where I live, which is frothing with cow parsley! I hope you are finding as much loveliness in your life as summer gets under way.

I've also reached a milestone in writing my book, *Moving Forwards from Childlessness*. The first draft is finished, which means it's time to try and find someone who might be interested in publishing it. And here I step WAAAY outside of my comfort zone! It's been one thing writing a book, a process that has been fulfilling and enjoyable, but a whole different matter when it comes to sharing it with the big wide world.

When I started writing, I was doing it just for me. I knew I wanted to write a book and to prove to myself that I could do it. Sixty thousand words later, I have done just that, and now I realise that I would quite like some other people to read it!

Which brings into play a massive dose of imposter syndrome, a feeling of being completely out of my depth, a lack of confidence that anyone will be interested and the dreaded fear of failure. It's been a very long time since I've had so many uncomfortable feelings all in one go.

So I've been coaching myself through worst-case scenario, (the book never gets published, but at least I did it); best-case scenario, (the book is a huge best-seller); and all the possibilities in-between. These involve asking for help, managing disappointment, thinking through all the options and trying not to be overwhelmed!

I'll let you know how I get on...

### 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.*

*At our SIN+CH coaching group meeting in March we discussed the artist Gwen John as a positive role model for single and childless women.*

*Identifying role models with whom you have something in common can be reassuring and inspirational.*



If you are single and childless and think you might like to join our conversation, you can find out more about SIN+CH here!



[SIN&CH](#)

INSPIRATION...from  
The diaries of Gwen John  
1876—1939



"Lie in bed no longer than five minutes after waking

Study for a part of every day

Try not to think when your head has touched the pillow

walk well

Shorten and hasten your affairs of dress and menagerie

Change, if possible, immediately, circumstances making thought more difficult

Think without words"

#### Coaching Questions

Which of these do you already do?

Which might be something you could start doing?

A Corner of the Artist's Room

Such a serene and peaceful painting...

Have you visited my website lately?

You can find an archive of all my newsletters and blogs there, and details of the coaching services I offer

You can link to my website here



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





## Coaching to Move Forwards from Childlessness.

Have you ever said, "As a mother..." or "As a father"?

Being childless not by choice rarely makes me feel sad or angry these days, because I've processed my grief and moved forwards with my life to a happy and fulfilled place.

However, if there is one thing that's guaranteed to still touch a nerve it's when somebody throws the "as a parent" card onto the table as a response to news of a child in danger or being harmed. Here are some recent examples.

"As a parent, I'm really upset by what's happening to children in Palestine."

"As a father of two boys of that age, I can't imagine what the family are going through."

"As a mum, child abuse makes me so angry."

If you have children, you probably don't even notice these phrases, but to someone who wanted children and never had them, they are an example of the unintentional things people say that can hurt deeply.

They imply that if you have children of your own, you are more empathetic to the plight of every other parent and child, more in tune with suffering, suggesting that only if you have children can you demonstrate that depth of feeling.

My childless coaching clients tell me again and again, that they feel judged and excluded by the assumptions of people who have children. Childless people also feel angry/upset/empathetic and a whole range of other feelings shared by all sensitive humans, not just by parents.

And don't even get me started on "baby on board" stickers!!

## #coachinglife

I've been noticing the ways in which I can play an active role in the communities I'm part of. Sometimes it's nice just to tag along and let others do the organising and leading, but I've realised there is satisfaction to be found in making more of a contribution than just showing up. With that in mind, I recently baked cakes for a bowls club open day, to entice potential new members to join our community. I've mentioned before how much I enjoy helping out at the village hall monthly coffee morning. This month I'm stepping up to lead June's event, which is a Canine Coffee morning. The four-legged members of our village community are invited to bring their humans along for tea, coffee, cake, bone-shaped treats and general doggy chaos! It's a joy to be in charge of this one, so long as I don't forget to buy the milk!

**How do you contribute to your communities?**



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

Looking forward to ...

Comedian Russell Howard in Cheltenham

My first visit to "Guilfest" music festival

Re-arranging my garden ready for summer

Official tattoo reveal!!



I hope you've enjoyed this Apricot Lane Coaching Newsletter. Stay in touch. Sarah x

You can find me on Facebook and Instagram @apricotlanecoaching

