



NEWS FROM APRICOT LANE COACHING

Happy Autumn!

Reasons to love October.

1. It's my Birthday month! Family and friends are very good at making my birthday a special time and making me feel very loved. As I begin my 60th year, (the BIG birthday is next year!) I'm looking forward to planning lots of lovely times, feeling grateful for age, health and happiness.
2. Cheltenham Literature Festival happens. I can indulge my love of all things bookish and see inspirational people saying inspirational things. Being surrounded by books, authors and like minded people, I feel very much at home.
3. Conkers! So shiny and perfectly formed in their silky shells
4. The rugby season is back in full swing and I look forward to the ritual of supporting my team through thick and thin.
5. Work falls back into its normal pattern. After a long, lazy summer and getting back into the swing of things in September, October brings routine and stability which is good for my motivation and focus.

Love, joy, gratitude, making plans, learning, natural beauty, loyalty, excitement and familiarity. October has it all!

INSPIRATION...

*"People say it gets better,
but it doesn't. It just gets
different, that's all."*

Maggie Smith

I've tried to find the context of this quote from the magnificent Maggie Smith, but with no success, so I've added my own context.

In my experience, grief and loss and trauma leave their mark and the memory of it doesn't get any better. What is different though is your response to it and the impact it has on you in the present moment.

That's the bit that gets better and that's the bit I can often tap into with my coaching clients to help them move forwards.



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.

SIN+CH took a summer break but we are up and running again in October.

I'd like to open up this coaching group to some new single and childless women. If that might be you or someone you know, please get in touch and you can join our community.

You can link to SIN+CH here

[SIN&CH \(apricotlanecoaching.co.uk\)](https://apricotlanecoaching.co.uk)

#Coachinglife

If you know me through coaching, or this news-letter, or networking, or my socials you'll know that I am a loving and proud mother of cats. In a past life I had as many as nine cats at once! These days I have just two.

This is my beautiful Feather cat. She's very sociable and loves a chat, which isn't reflected in this picture, where she was hiding from Stanley!

I'll introduce you to Stanley next month...

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





Coaching to Move Forwards from Childlessness.

More often than not, when I tell people that I do coaching to help people to move forward from childlessness, their response is that they've never thought about it as an area of need before. These conversations raise awareness that childlessness happens to more people than we realise. They are also shocked to consider that people might need support to work through the intense grief of childlessness. It's hard for someone who has children to understand the grief of losing something you never had.

These responses come without any trace of malice, just a lack of awareness. Childlessness is not a subject that generally comes up in everyday conversation.

In small ways, I try to change that.

A few days ago, at a networking meeting, someone came to me after one such conversation and talked to me about a colleague who doesn't have children. Another person in their workplace is currently pregnant and she had noticed that her colleague had been quiet and withdrawn recently.

"Do you think she might be childless not by choice and struggling with all the baby conversation?" she asked me.

It felt good to know that in bringing the subject of childlessness to the table, I might have encouraged greater awareness and sensitivity in that workplace.

Have you visited my website lately?

My September Blog was written on a rainy day, which inspired thoughts on Acceptance.

You can link to my website and read my Blog



"I'm so glad

I live in a world

where there are Octobers!"

Anne of Green Gables. LM Montgomery

Some could do ideas for being glad in October

- Collect conkers
- Walk in the rain
- Make soup
- Go to a bookshop and buy a new book
- Sort out your jumpers, tights and boots and look forward to wearing them
- Arrange a vase of autumn leaves
- Go to an arboretum
- Take photos of the trees in your neighbourhood and post them on your social media



You can find me on Facebook and Instagram @apricotlanecoaching

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