

NEWS FROM APRICOT LANE COACHING



I can't believe it's nearly a year since I compiled my first Apricot Lane Coaching Newsletter in December 2023! Since then, there have been nine newsletters, the intention being to produce one each month, but the reality being that sometimes life gets busy and writing doesn't happen! I get some lovely feedback from my subscribers. One reader told me that she likes to choose one inspiration each month from my newsletter to try out for herself. Another reader, a client who is taking a break from coaching right now, says that she likes to stay in touch with my news and it reminds her that she can come back to coaching at any time if she feels the need. It gives me a warm, fuzzy feeling to think that people out there like to read my ramblings. We all need to feel we have a voice that is heard and valued when we have something to say; and that someone is listening to our contribution, no matter how small that might seem in the context of the big, wide world. So thank you for reading my newsletters and please know that if you have something to say, you will always be heard and valued here. I'd would love to hear from you via my social media or email.

#Coachinglife

Last month I showed you a picture of my cat, Feather and I promised that this month I would introduce you to Stanley

I rescued Stanley as a kitten about 9 years ago. He's quite a silly boy and is the only cat I've ever known who is rubbish at climbing! However, he's very affectionate and is usually to be found sitting somewhere close by or preferably on my lap if the opportunity is offered.

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



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.

On this month's SIN+CH video, I talked about The Simple Things That Make Me Happy. As a single person, I enjoy planning for events and connections that bring me joy, but even more important are the little things that make my everyday solo life happy and contented. These include a whistling kettle, a new notebook, foxgloves and browsing antique shops. I'm looking forward to hearing what the other members of our group have on their lists!

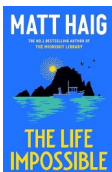
I'd like to open up this coaching group to some new single and childless women. If that might be you or someone you know, please get in touch and you can join our community.

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



Matt Haig book recommendations

The Midnight Library
How to Stop Time
The Life Impossible



I shared this recently on my @apricotlanecoaching facebook feed.

It's from the author Matt Haig and I think it gives pretty good advice for living a good life.

A little plan

Be curious. Go outside. Get to bed on time. Hydrate. Breathe from the diaphragm. Eat happy. Get a routine baggy enough to live in. Be kind. Accept that not everyone will like you. Appreciate those who do. Don't be defined. Allow fuck-ups. Want what you already have. Learn to say no to things that get in the way of life. And to say yes to the things that help you live.

Coaching to Move Forwards from Childlessness.



I'm always glad when I get an enquiry from someone looking for help to move forwards from childlessness. Obviously, as I run a coaching business, it makes financial sense to be pleased at the prospect of a new client. But connecting with a new childless client is about so much more than the money.

Struggling with fertility or realising that you're never going to have the children you hoped for can leave you in an isolated and lonely place. I remember wondering why "everyone else" apart from me had children and feeling ashamed that I had failed at something that others seemed to find so easy.

So when a new childless client finds me, it is often after years of coping alone and silently with their sadness. One of the most obvious emotions is a sense of RELIEF at finding a coach who "gets it," and understands the grief of childlessness because it has happened to them.

It isn't a hard and fast rule that to be a good coach I need to have had the same experience as my client. Far more important is the ability to listen, to empathise and to ask pertinent questions. But as a childless coach, I will never underestimate the loss and trauma of unplanned childlessness; I will never suggest solutions to "fix" someone's childlessness; I will always validate the whirlwind of emotions triggered by childlessness that someone with children will never understand.

And once a new client reaches out and finds they're not alone, they've made the biggest and bravest step to moving forwards to a happy and fulfilling life without children.

Have you visited my website lately?

My latest Blog has reflections inspired by a solo walk, a cheese toastie and a cup of tea.

You can link to my website and read my Blog here

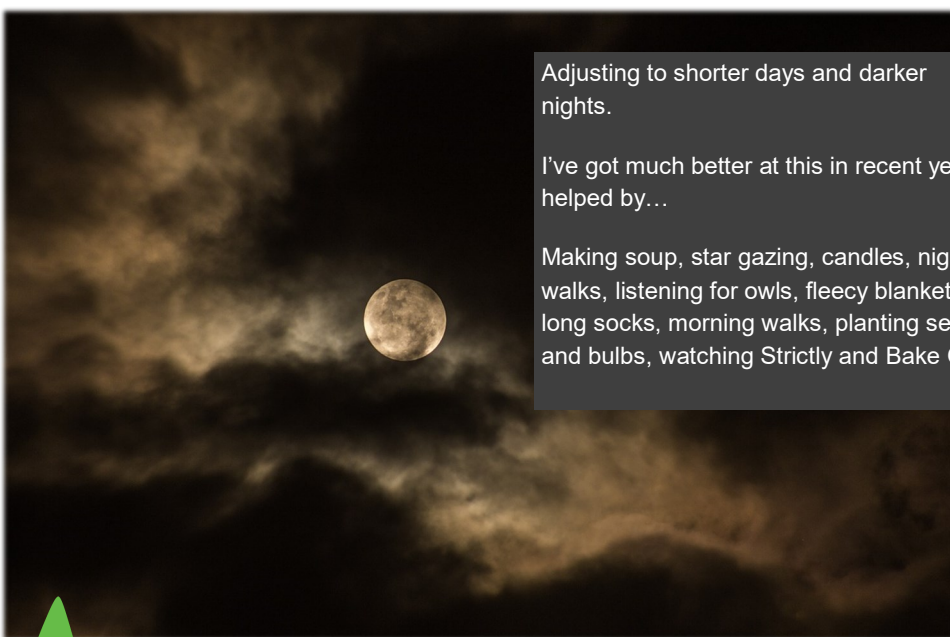


INSPIRATION... from
Noel Gallagher

"Don't look
back in
anger"

What are you holding onto from your past that still makes you feel angry?

What could you do to process what happened and swap the anger for acceptance?



Adjusting to shorter days and darker nights.

I've got much better at this in recent years, helped by...

Making soup, star gazing, candles, night walks, listening for owls, fleecy blankets, long socks, morning walks, planting seeds and bulbs, watching Strictly and Bake Off.



You can find me on
Facebook and Instagram
@apricotlanecoaching

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