

May 2024

NEWS FROM APRICOT LANE COACHING



Busy enough?

On my laptop calendar my appointments are colour coded. This is partly an aesthetic choice; former teaching colleagues were well aware of my love for a colour coded timetable!

But there is a practical purpose too. Different colours make for easy planning and awareness at a glance of what my week entails; orange for Workplace Wellness Coaching, purple for Childless Coaching and SIN+CH, green for social time, blue for other stuff...

This week is mostly orange with a couple of purples. The week is bookended with greens and there is a blue medical appointment, so it's a pretty balanced week. These days, I like to think I am "busy enough," in contrast to when I was teaching and my days were overwhelmingly busy. In fact, when I first moved away from teaching I found it hard to adjust to a new level of busyness where I wasn't working 9 hour days, 5 days a week. As the pace and intensity of my work reduced, my busy brain took a while to slow down to the same pace, leaving me feeling guilty and anxious. (I'm pleased to say I'm over that now!)

When I'm doing workplace wellness coaching, easily the most common issue affecting staff wellbeing is overwhelming workload. Starting early, leaving late, missing lunch breaks, taking work home just to keep up are all so common they seem to have become the normal expectation.

Can it be right that if we aren't working in this way then we aren't busy enough? It occurs to me that if everyone worked the hours they are paid for, our public institutions would collapse!

I'm so grateful that I've reached a point in my working life with Apricot Lane Coaching where I am just busy enough.

#coachinglife

It's the season for one of my favourite things to do—visiting other people's beautiful gardens.

Just being in green and flowery spaces is good for the soul. And I always manage to pick up ideas and inspiration for my own little garden.



This peaceful sculpture and pond are at Showborough House near Tewkesbury.

"We might think that we are nurturing our garden, but of course it's our garden that is really nurturing us."
Jenny Uglow

Coaching Question

What is being nurtured like for you?

Do you have a place where you feel you are being nurtured?

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 April meeting, one of our SIN+CH group members shared that she has started an online creative writing course. Starting something new, just for yourself can sometimes feel daunting as well as exciting, and sure enough this SIN+CH lady felt that she might be out of her depth and was a bit disconcerted that someone else had "handed in" an assignment that was better than anything she could do! I was so pleased when we had a conversation a couple of weeks later and she confirmed that she was "loving" the course and already felt more confident in her own learning. Being single and childless can knock your confidence and make you reluctant to put yourself in social situations where conversation often focusses on partners and children. But we only grow confidence through ACTION that takes us outside our comfort zone. If it's doing something we enjoy then it's perhaps easier to find the motivation to be brave.

You can link to SIN+CH here

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





Coaching to Move Forwards from Childlessness.

Did you know that of all women in their mid forties who don't have children roughly 10% have chosen to be child free and 10% were unable to have a child due to infertility?

So what about the other 80%? I hear you wondering.

Jody Day, author, speaker and advocate for the childless community, has identified "Fifty Ways Not to be a Mother." She lists these in her book "Living the Life Unexpected," so I thought I'd share some of the ways to be Childless by Circumstance.

Being single and not finding a suitable relationship to bring a child into.

Being unknowingly misinformed about fertility.

Meeting a suitable partner too late.

IVF didn't work (at least 75% over the age of 35)

Financially unable to support a child.

Having a partner with addiction or health issues.

Expecting it to "just happen" and it didn't.

Believing you should prioritise your career while you are young.

Partner decides they don't want to have a child.

Miscarriage, stillbirth, early infant death.

Being widowed.

Unable to afford fertility treatments.

Partner already has a child and doesn't want any more.

Medical conditions that make being a parent difficult...

And that's just a few from Jody's list! There are so many assumptions made about how someone becomes childless. I hope this list demonstrates that everyone's story is different.

In my client's words...

"I've come back for another coaching session because the last one was so helpful!"

These lovely words came from one of my Workplace Wellness clients who has attended two drop-in sessions onsite at their workplace. These 30 minute termly sessions allow staff to offload, and come up with new ideas, all in a confidential space with someone (me!) who listens and asks questions to help them find different ways of thinking about a problem.

Have you visited my website?

Follow this link to see all the different coaching services I offer, including coaching for wellbeing in the workplace.

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



It's so rewarding to work with an institution prepared to invest in staff wellbeing and to get such enthusiastic feedback from a client!

A book recommendation.

How to Stay Sane by Philippa Perry.

Although I'm nowhere near being an expert, I love all that neuroscience stuff that explains how we think, feel and behave. This book touches on these ideas and relates them to understanding yourself, how you relate to others and how to explore and challenge your self perceptions.

It's a quick and easy read, and a really useful guide to staying sane in a world that frequently challenges sanity!



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

Sarah x

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

