



NEWS FROM APRICOT LANE COACHING

The client coaching side of Apricot Lane Coaching goes a bit quiet for the summer, which suits me well.

Much of my coaching work is with clients at Hartpury University, working with staff to promote their wellbeing. As many of them take a well deserved break during July and August, it's a good time for me to reduce my workload and take a break as well. Which brings me to the second reason for this being a quiet work time.

As a teacher for over thirty years, I have never worked in August and it's a habit I'm not in a hurry to change!

I appreciate that not everyone is in a position to be able to take a month away from work, and I am grateful to be able to. An extended break gives me an opportunity to make different use of time, rest the parts of my brain that work hard when I'm coaching and catch up with friends and family without having to squeeze meetings in between work appointments.

I'm not switching off completely. I'm still enjoying the process of writing my book about Moving Forwards from Childlessness; I have a few coaching sessions with some childless clients; I will be posting a summer blog and self-evidently, I'm still producing my newsletter! Our SIN+CH group will also be meeting in July and August for our regular monthly discussion.

But that still leaves me plenty of time for pottering in the garden, watching cricket, days out, trips away, books and bowls.

And after all that time to recharge, by the time September comes around, I'll be ready to get back to the business of coaching, just as my enthusiasm for teaching always used to return for the start of a new academic year.

I hope you all have a wonderful summer with as much rest or adventure as you are looking for.

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 continues over the summer months and has welcomed a new SIN+CH lady who joins us from the USA. I'm so excited that our lovely, supportive group has been discovered by someone from all the way across the Atlantic!

In June we talked about how the beliefs that society holds about single and childless women can pervade our own thoughts, until we find ourselves believing them too. We are looking at how we can "unpack" those beliefs and live our happiest solo lives.

You can link to SIN+CH here



[SIN+CH](#)

#Coachinglife

Two of my favourite things in the space of one week!

A West End theatre trip to see The Great Gatsby, in the incredible setting of the London Colosseum.

Then just a few days later, Test Match cricket at Edgbaston, which has become an annual treat.



You can see more of my
[#coachinglife](#)
on Instagram
[@apricotlanecoaching](#)



Coaching to Move Forwards from Childlessness.

I've recently been meeting up with previous childless clients, to discuss the possibility of them sharing some of their stories in my upcoming book about Moving Forwards from Childlessness. It's been an absolute joy to reconnect with these people a few months down the line and to hear where life has taken them after their coaching journeys.

A couple of things have made this such a positive experience. Firstly, they are all in a good place — fulfilled, happy, content. In other words they've all moved forwards, which is the whole point of coaching. It's highly affirming to see that coaching works and I'm doing a decent job!

Secondly, each person has had a different outcome and got there in a different way; which goes to show that although they and I have childlessness in common, we all experience it differently and move forwards at our own pace and by our own route.

Thank you to those people I've already reconnected with, and I'm looking forward to meeting with more of you in the coming weeks.

If you are a former client and you'd like to share your story in my book, please get in touch. I'd love to catch up with your news!

INSPIRATION...from
Jackee Holder

This is happiness's deepest truth: it doesn't require difficulty's absence. It asks us to find light in darkness, notice meaning while hurting, remember our joy can co-exist with awareness of the world's pain. Precisely in these moments, practising happiness becomes vital; not as reality's denial, but as hope's foundation.

If, like me, you are finding current world events pretty unbearable, it can sometimes seem inappropriate to feel happy and joyful whilst knowing others are in so much pain.

This quote from Jackee Holder, in Psychologies magazine reassures me that not only is it ok to feel happy, but it might be considered essential as "the foundation we need for resilience, compassion and showing up meaningfully in a broken world."

Coaching Questions.

What recent moments of happiness can you identify?

What elements were present that made these moments happy?

How does your happiness contribute to the wellbeing of others?

#catlife

Stanley dreams of Italy... even though he never ventures much further than the back garden.



You can find me on
Facebook and Instagram
@apricotlanecoaching

Have you visited my website lately?

There you will find my latest blog; 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 my Blog here



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

Looking forward to... Lots of time for summer fun!

A pottery workshop = creativity
Visiting an old friend at her new Welsh hillside home, and a friend's 60th party = connection
A south coast sea and sauna trip = wellbeing

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