



## NEWS FROM APRICOT LANE COACHING

Everything seems so much easier when the sun shines. That's my feeling and I suspect many others feel the same way about the transition from winter to spring. Yesterday I had my back door open for most of the day, letting in the warm fresh air and the sound of the birds feeding and nest building in the garden.

In recent years I've developed the very good habit of NOTICING the good stuff. There's a lot of advice out there about gratitude and appreciation and mindfulness and I think perhaps my "noticing" habit includes all three of these practices.

In order to notice, I have to allow my mind and senses to be aware of their surroundings and open to what I might see, hear or feel. Rather than focusing on any one particular thing, I begin by letting my mind drift and scan what is going on in that moment, ready to notice anything that captures my attention. I think this describes mindfulness.

When I've noticed something, I tune into it, perhaps watching closely or listening carefully or identifying what I'm feeling. Maybe this is "appreciation." It's certainly the moment when I become absorbed in what I've noticed and don't get distracted by other thoughts.

This morning, before breakfast, I NOTICED the warmth of the conservatory from the heat of the early morning sun; a lot of scrabbling in the bushes outside my back door—busy birds I believe; a clump of violets that have appeared between the paving slabs; two red kites circling overhead and my whistling kettle calling me back indoors.

And I felt immense gratitude for my home and garden, for the spring sunshine and for the pleasure of the first cup of tea of the day.

I hope your springtime will be just as full of Happy Noticing!

## 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 is restarting in April and I'm offering a FREE taster session where you can join our group video coaching session on Thursday 17th April at 18:30.

Drop me an email to [sarah@apricotlanecoaching.co.uk](mailto:sarah@apricotlanecoaching.co.uk) to request an invitation, or you can link to SIN+CH here and send me a message



[SIN&CH](#)

## #Coachinglife

As I turned 59 last October, I made a list of things I want to do in my 60th year and a couple of weeks ago I ticked another one off. I've often looked up from below at The Clifton Suspension Bridge in Bristol but never been across it. I was joined by family members to walk across and look down into the gorge below. Making a list has brought an element of purpose and organisation to fulfil my intentions and make sure I'm having lots of fun as I turn 60!

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





## Coaching to Move Forwards from Childlessness.

One of the most common challenges that my childless clients bring to sessions is feeling a **lack of purpose**. So many women have grown up with the idea that having children is one of the most fundamental purposes of their life, that the realisation this is never going to happen leaves them with a sense of pointlessness and a lack of direction. "If I'm not going to be a Mum, then what am I?"

In our coaching sessions we work on identifying strengths and values, rebuilding a sense of self-esteem and self-worth and creating a vision of the possibilities and opportunities life holds now... even when it's not the life you expected it to be.

In the depths of childless grief, it can feel like life will never be happy or meaningful ever again. It's hugely rewarding for me, as a coach, to help clients rediscover purpose and fulfilment and move forward in their lives.

Which links in very nicely with one of my favourite quotes below...



*INSPIRATION... from Mitch Albom; Tuesdays with Morrie.*

*You have to find what's good and true and beautiful in your life as it is now...*

### Coaching Question.

In your life as it is now...

What is good? What is true? What is beautiful?

What difference does it make to realise this?

Looking forward to...

Going on a writing retreat in Spain to work on **my book** about childless coaching (and maybe a little pampering time as well!)

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](#)



Back in the autumn I introduced you to my beautiful Feather Cat. Sadly, in February, I had to say goodbye to Feather when she was hit by a car and died. Losing our beloved pets is always heartbreaking. I wrote about this grief in my latest blog and it helped to write and share my thoughts and memories.

### Coaching for Workplace Wellness

I've just done a little unscientific analysis of the issues that my workplace wellbeing clients bring to their coaching sessions. In order of frequency, these are the subjects that come up.

Workload; poor communication from managers; dynamics between colleagues; time management; self-belief and confidence; work life impacting home; excessive expectations of managers from senior management; perceived lack of management decision making; home life impacting work; dealing with traumatic cases; frequent change; lack of career development.

I imagine this pattern is reflected across many places of work. If only work place culture would consider the wellbeing of employees in a holistic way, people would be able to work so much more effectively!

After our last coaching session, I started making a note of all the things I did to solve problems at work. There were so many things I hadn't realised I do without even thinking!

So I've started saying to myself "Fair play Jan, You handled that really well!"



**In my client's words...**

You can find me on Facebook and Instagram @apricotlanecoaching

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

Stay in touch.

Sarah x