

March/April 2024

NEWS FROM APRICOT LANE COACHING



Too many lions...

As March draws to a close, and the clocks go forward this weekend, spring is definitely happening, despite the rain. The saying goes that March comes in like a lion and goes out like a lamb. I would argue it came in like a lion and it's going out like an even bigger and much soggier lion, but we know there will be some warm sunny days soon, and in the meantime at least there are hot cross buns and chocolate!

On a personal front, March has been fun. The things I said I was looking forward to in my February newsletter all came to pass, including rare rugby success for my beloved Gloucester, celebrated with family and friends and 16 thousand others!

More often than not, I go to rugby on my own, as my family live too far away to get to many games and the friend I used to go with has a lot of commitments keeping him away this season. But Gloucester Rugby is never a lonely place to be. Every couple of weeks or so, I stand in the same spot, amongst the familiar faces of those I call my Shed Friends. I don't know much about them, or even their names, but we are united in the joy and frustration of supporting Gloucester Rugby.

For me, it's a perfect illustration of that very basic human need to belong to groups. In evolutionary terms, it used to be vital for survival of the species. Although for most of us, life is rarely under immediate threat, we do know that connection and belonging give us feelings of safety, which are crucial for our wellbeing.

I'm very happy in my own company, but regular connection with groups of like-minded others is good for the soul.

#coachinglife

A visit to Bristol to explore and appreciate the street art.

Bristol is my nearest city with loads of quirky and diverse areas and a lot of hills and steps!



Inspiration!

"Remember, your mind is portable...it goes where you go and you can't run away from it. So instead, take it on a journey of Mindfulness."

Ruby Wax.

Coaching Question

When and where did you last feel mindful and completely present in your surroundings? What was that like?

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.

This month I had the joy of meeting up "in real life" with two of my regular SIN+CH ladies.

We had previously only met online and in a coaching context, so I was a little nervous as well as excited to meet Elaine and Jayne face to face.

This month's SIN+CH theme has been Friendships. Having trusted friends when you are single and childless is so important, but can also be tricky to achieve if being SIN+CH has left you feeling excluded in the past, and lacking confidence.

The chance to connect with other women in the same situation who "get it" means you can relax into conversation without having to worry about awkward questions about your lack of a partner or children.



You can link to SIN+CH here



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



Coaching to Move Forwards from Childlessness.

I wonder how many of you know about the concept of **Disenfranchised Grief**. The experience of grief is inevitable for all of us who are fortunate enough to ever experience love, and when we lose a loved one we often share our grief with others, helping each other through pain and sadness or expressing sympathy and showing empathy. All cultures have rituals around loss and grieving that recognise the need for mutual support and understanding.

But when you lose the dream of having children it's a loss that remains invisible to most others, unrecognised by society—disenfranchised. There are no rituals that recognise the need to grieve a life that never was; no funeral, no sympathy messages, no memorial service, no grave...

And it's not just society that doesn't recognise childless grief. It took me five years to process the fact that I wasn't going to have the children I had always dreamed of and to recognise that I needed to grieve my loss in order to shift the burdens of guilt, shame and failure.

As a coach, my childless clients all want to find a way to move forwards in their life without children, but it's almost impossible to do this without first grieving the loss of those hopes and dreams. So I sometimes find myself in the privileged role of witnessing the grief of childlessness, supporting and understanding, until after a while the client is ready to move on.

It's not what would be recognised as pure coaching, but as someone who has been there, I am comfortable with adapting my practice to allow space for someone to grieve the loss of their children that never were.

Have you visited my website?

Follow this link to see all the different coaching services I offer. A new blog will be coming soon!

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



I'm very much looking forward to being on the panel for this webinar. I'll be dusting off my tiara and sitting alongside an inspirational group of childless women. It's being held in conjunction with World Childless Week and it's free to attend!

Click on the link to book your free place.

https://us02web.zoom.us/webinar/register/WN_uzEX1-1uQbeuEFLDjOfYwg



The Age Of The QUEEN

What have you discovered about yourself that you would not have known without the childless journey?

FREE Webinar: Saturday 20th April - 7.00pm GMT

When we go through something - and childless grief is a big something - we learn about ourselves in ways we might not otherwise. Join us to learn more about the gifts this challenging journey can bring.

Panelists: Maria Hill, Stephanie Joy Phillips, Jody Day, Helen Louise Jones, Sarah Bradley, Sarah Roberts, Kate Kaufmann

magicofjoy.com worldchildlessweek.net

In my client's words...

Thanks to our last coaching session, I've been looking at my friendships in a different way. I've realised that sometimes I have to be the one to get in touch and make plans, I can't just wait for them to come to me. I can also see that I have ENOUGH friends and I'm learning to appreciate this!

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

Sarah x

You can find me on Facebook and Instagram
@apricotlanecoaching

