

NEWS FROM APRICOT LANE COACHING



Decision Making!

In my coaching work, I often meet clients who are finding it difficult to make decisions, be it about something significant and life changing or a relatively unimportant decision that has become overcomplicated and more threatening than it should be.

Sometimes it can be **fear** that holds us back from making a decision - fear of judgement, fear of failure, fear of regret... heightened by recalling previous choices that didn't turn out as we hoped and expected.

It might have been a challenging decision for a client to seek coaching support. They have, perhaps, had to overcome not only fear but also a sense of **shame** and isolation reinforced by a feeling of low self-worth.

In the last couple of weeks, I have made two decisions that feel pretty significant. For me, it was **guilt** that had to be overcome before I took the leaps!

The first decision was to give up my allotment, which I have loved for nearly 8 years, but has become too much of an unrewarding challenge. Guilt presented itself in the form of "you shouldn't give up, you just need to make the time." But the argument resolved itself in my head, when I realised that if I'm not enjoying something, then there are better ways to spend my time. And in doing so, guilt has been replaced by relief and the joy of having more time to spend in my garden at home.

The second big decision was to say YES to the opportunity to go on a Writing/Spa Retreat in Southern Spain. Guilt was telling me "You're not a writer and it's a lot of money to spend on yourself." Well, Guilt... let me tell you; I write, therefore I am a writer and I want to be better at it, and write a book, so a writing retreat is an investment, as well as an indulgence... and I deserve it!

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 July SIN+CH meet up, one of our group talked about finding it difficult to accept help when it is offered.

We had a compassionate and surprisingly moving conversation about what might lie behind this reluctance and encouraged our friend to accept help that is offered without agenda or judgement.

With no SIN+CH meet up in August, we each set ourselves some goals to achieve before we next meet at the beginning of October. I'm looking forward to hearing how everyone gets on!

You can link to SIN+CH here

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



Have you visited my website lately?

There's a new blog, on the positive aspects of being a childless cat lady!

You can see it here

[My \(Apparently\) Miserable Life \(apricotlanecoaching.co.uk\)](https://apricotlanecoaching.co.uk)



Coaching to Move Forwards from Childlessness.

It takes BRAVERY to overcome the grief and loss of childlessness and I am privileged to witness the brave steps my clients make to build a meaningful life without the children they had hoped for.

So I was bursting with pride for the client who sent me this email recently. Not only has she worked through the grief of her own childlessness and the impact this was having on her working life; she has gone above and beyond to advocate for others experiencing a similar situation, allowing them to realise they are not alone and to share their stories.

Hello Sarah

I just wanted to drop you a quick message to say Thank-you for your support when I was at my lowest and give you an update on how I am.

Since last talking my colleague has returned to work after maternity leave and I have coped really well. So much so, I was able to meet with her and her baby and hand-sew a first birthday gift (it was things I would have loved to give to my own daughter but I didn't feel really sad doing it).

I also, after a settling time, came off my meds a month ago and I am doing really well.

I had my appraisal today where I challenged my manager about how things had gone for me and how I feel they should have been managed better and I stood up for all the people who have approached me to tell me their story since I shared mine. I am proud of myself but more proud of my ability to advocate for others.

Once again I couldn't have done this without your help so a huge

#coachinglife

A Brittany holiday—being brave enough to drive, sun, sea, family, food.



"The beach was empty, no footprints in the sand, and yet they were all there: the dead, the night and the sea. The sea offered her a song of bravery and love. It came from a long way away, as if someone somewhere in the world had sung it many years ago, for those on the shore who didn't dare to take the plunge."

— Nina George The Little French Bistro

INSPIRATION...

"The thing is, you cannot know the future. You look at the news and it looks terrifying...but you don't know. You have to stop flicking ahead and just concentrate on the page you are on"

Matt Haig "How to Stop Time."

Looking forward to...

Family time for my Mum's birthday
Working and relaxing in the garden
Lake swimming

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

Coaching Question

What is happening for you on the page you are on right now...

- this minute?
- this day?

What is that like for you?

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

