



NEWS FROM APRICOT LANE COACHING

I hope 2025 has got off to a good start for you.

My festive season can be summed up as Family, Food and Fun. As the generation before me are well into old age, and the generation that follows move out of their teenage years, I wonder how many more Christmases we will all spend together. This brings a sense of appreciation for simply being together and absorbing the moments that are potential future memories.

I never feel inclined to celebrate New Year and I don't make resolutions, but I do like to have a Word of the Year, which comes from reflecting on the previous year and giving myself a focus for all aspects of the year ahead.

This year's word is INTEGRITY, particularly the idea of SELF integrity.

I like to think I behave with integrity towards other people. I strive to follow through on commitments and not let people down; but I've realised I don't always treat myself with the same respect. I commit to making changes to benefit my health or wellbeing, but then, all too easily, I fall back into old habits and end up with a sense of guilt and failure.

I would never treat someone else in this way, so why would I show such a lack of integrity to myself?

Honesty, self respect, action and self-commitment will all contribute to my pursuit of self integrity. I'll let you know how I get on!

#Coachinglife

Although I'm ok with walking in most weathers, I do love a really cold, sunny day. I'm lucky that where I live I have lovely walks and scenery on my doorstep which are made even more beautiful when the sun sparkles on frosty fields or shines through a mist making everything look mysterious! **You can see more of my #coachinglife on Instagram @apricotlanecoaching**



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 has taken a break over the last couple of months, but will be restarting in the spring. Before then, I'm going to be chatting to some long-standing members to plan for moving SIN+CH forwards in 2025.

I'd like to open up this coaching group to some new single and childless women. If that might be you or someone you know, please get in touch and you can join our community.

You can link to SIN+CH here [SIN&CH](#)

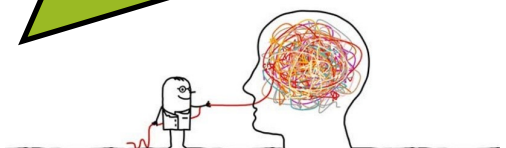
In my client's words...

Looking forward to...

Planting seeds in my new greenhouse

Taking part in 2 quizzes with local friends. My brain is full of useless knowledge that comes into it's own when I'm quizzing!

Sometimes my head is so full up with worries and in a muddle that I can't find any space to make a decision. When we talk through my worries in coaching and you ask me questions, it all falls into some sort of order and I can work out what I need to do.





Coaching to Move Forwards from Childlessness.

In preparation for the book I intend to write this year, I've been looking back at my notes on some of the childless clients I've worked with over the past few years. It's been interesting to reflect on common patterns and individual issues that these clients bring to the table. What they all have in common is their bravery in recognising that unplanned childlessness is something that they needed help to grieve and move forwards from. But everyone brings their own unique story to the coaching room. Here are some of the challenges my childless clients have faced and worked towards overcoming. (*Names have been changed*)

Lisa was working in children's safeguarding, encountering, on a daily basis, children in the worst of circumstances, whilst wishing she could be a mother herself. How sad to work so closely with children who were let down by the adults in their lives, when you're pretty sure you would have been a good parent if you'd had the chance. *Lisa's* coaching sessions helped her find the clarity and confidence she needed to change her circumstances. She found a new job in a totally different part of the country, where she knew no-one and has built a fulfilling new life. A truly fresh start!

Leanne was surrounded by young parents and pregnant colleagues in her workplace. She found it exhausting to be constantly bombarded by photos of scans and new babies, invitations to baby showers and visits from Mums and babies to the workplace. Through coaching, *Leanne* decided to speak up about her childlessness and the impact this was having on her. She was asked to work with managers to develop inclusive policies and even presented a workshop to colleagues!

Fiona was grieving several miscarriages and had recently decided to end her fertility journey. She was understandably finding it really hard to move on from the loss of her babies and the realisation that she would never be a Mum. As part of our coaching work, *Fiona* wrote a letter to the children she had lost. At our next session she told me this had helped her to say goodbye and to accept that she could begin to move forwards.

Have you visited my website lately?

I'm going to be updating my site for 2025, including a new blog coming soon and an archive of all my newsletters. You can link to my website and read my Blog [here](#)



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

Coaching for Workplace Wellness

I was excited last week to deliver a coaching workshop to staff at a local secondary school. When I first left teaching to become a life coach, I envisaged being able to work as a coach with staff in schools, drawing on my years of teaching experience and knowing the impact that stress has on those who work in schools. Sadly, there just isn't the funding in state education to invest effectively in the wellbeing of staff—a false economy in my opinion, but a reality nonetheless—so my coaching has developed in different directions.

However, this local secondary school has recently recruited to the position of staff wellbeing officer, who organised a day of wellbeing workshops for her colleagues.

I loved being back in a school setting (just for a day!) and having the opportunity to deliver "Balance, Boundaries, Bigger Picture. A coaching approach to wellbeing."

Well done Cleeve School in Cheltenham for investing time and money in the quest for staff wellbeing.

INSPIRATION... from Susan Calman

...being nicer to the person we see in the mirror every day can, in many ways, be the most difficult act of all.

Coaching Question.

What do you see and think when you look in the mirror?

Are you as kind to yourself as you are to other people?

Can you write down or say out loud...

- 3 things you are good at?
- 3 things you like about yourself?
- Something kind you did yesterday?

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



You can find me on Facebook and Instagram @apricotlanecoaching