



## NEWS FROM APRICOT LANE COACHING

### Some reflections on MOVING

The word MOVING has popped up in my life a great deal over the last few weeks. And at some point—when I clearly had nothing better to think about— it occurred to me that “moving” can be used in many contexts and with different meanings. In May, our family pulled together to help on our parent’s moving day. They were leaving the home where my sister and I grew up, to move into a lovely retirement apartment. It was a **moving day** both in the sense of going to a new place and all the logistics that entails, and also in the emotional sense of the word. Leaving a much-loved home was stressful and sad; there was much anxiety and many tears on that moving day.

A few days later, I found myself moving in a whole different way. Gathering with friends for a festival weekend in Cheltenham, the joy of moving to live music came into its own. My body isn’t as fit and active as it used to be, so 3 consecutive days of dancing took its toll! Despite that, I reminded myself to appreciate that my body can move in the most uninhibited and random ways and the sense of connection that is felt from dancing in a field with thousands of others.

Returning to moving in the emotional sense, I wonder why we use the word “moving” to explain the experience of intense feelings. I attended a funeral recently, where I was deeply moved by the beauty and sadness of saying goodbye. Then I sat with a new client as she was moved to tears at the relief of being able to talk about the loss of her dream of being a mother; and I was moved that she trusted me enough to share her grief.

Keep moving forwards friends...

### #coachinglife

I have a love-hate relationship with my allotment. When it’s overwhelmed with weeds and the grass is knee deep, I think about giving it up. But when I go to the allotment site, which is only a ten minute walk away, I remember that it is a beautiful place to be and I love spending time there!

My mojo was restored this month, with a little help from this VERY friendly chap, who was appreciative of the worms and bugs I turned up as I was digging.



### 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 at SIN+CH we are going to be talking about the limiting beliefs that stop us taking on new adventures or moving forwards in ways we would like to.

I’ve asked the group to reflect on beliefs such as “I’ve missed my chance,” or “It’s not the right time,” and to come to the online session with real-life evidence that we can set about unpicking together.

Being in a safe space, with people who share some of your experiences, is a good place to challenge your negative inner voice!

You can link to SIN+CH here

[SIN&CH](#)



### INSPIRATION...

Have you visited my website lately?

There’s a new blog, with a tentative nod to the upcoming election!

You can see it here



[A Manifesto for the Childless Not By Choice \(apricotlanecoaching.co.uk\)](http://apricotlanecoaching.co.uk)

and while you’re there you can check out the different coaching services I offer.

“Take your passion  
And make it happen  
Pictures come alive  
You can dance right through your life”

*Moroder, Cara and Forsey—Flashdance*

### Coaching Question

What is your passion?

What have you done to make it happen?

What else could you do about your passion?



## **In my clients words... a longer version than usual!**

One of my longest standing clients has decided the time is right to take a break from coaching. Before we paused our coaching relationship, she agreed to answer some questions about her experience of Apricot Lane Coaching and her thoughtful responses made my day!

*What made you seek coaching in the first place?*

I was stuck in childless grief and couldn't see a way forward or any kind of future.

*What were you hoping for?*

I was hoping for acknowledgement and understanding of what I was going through as well as finding a way to come to terms with what I was experiencing and had been for several years.

*Were there any particular life events that coaching supported you with?*

Not so much life events, but coaching gave me the tools and strategies to use for dealing with life events, childlessness being the main one, also living as a single childless woman.

Coaching has also supported me through bereavement.

*What changes did you notice in yourself that might have happened because of coaching?*

I've become better at problem-solving. Coaching has shown me how to navigate problems in a more manageable way, how to deal with issues that arise and not be overwhelmed by them.

Coaching has given me back confidence I lost through childless grief. I have more self-belief due to coaching.

*What do you think is the most significant thing coaching has helped you with?*

Without a doubt, childlessness and the grief of being childless not by choice.

*Why do you think coaching has been effective for you?*

First and most importantly coaching has been effective due to my relationship with Sarah. We established a strong connection early on in my coaching and it has developed during the time I've been seeing Sarah.

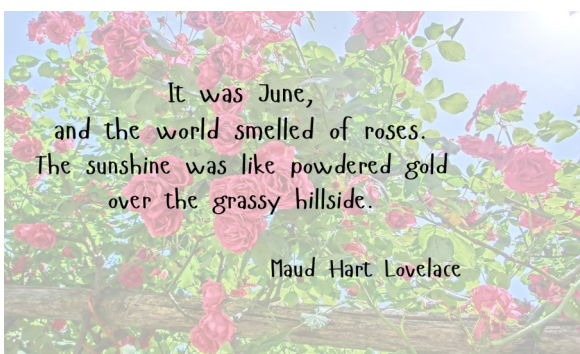
The second reason is that Sarah creates a safe, comfortable environment, where I always felt supported.

I also challenged myself in ways I would never have done without coaching.

*If someone was considering coaching, but feeling unsure, what would you say to them?*

I would encourage anyone to try coaching as I was nervous before I started, but it has been life-changing for me.

I would also say to be open minded about coaching, try not to have any preconceptions about it.



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

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

