

February 2024

## NEWS FROM APRICOT LANE COACHING



### Rain, rain, go away...

Spring is coming...it is... isn't it? I have to keep reminding myself because it actually feels like it's been raining non-stop so far in 2024.

I love those really cold and sunny days that we should get in winter, but we don't seem to have had many of those this year. And although I try to be appreciative of what each season has to offer, I'm afraid I've struggled to find much gratitude for this wet and cold February.

So I tell myself that the signs are there that spring is coming. Daffodils on the grassy bank outside my house; lambs in the fields along the lane; daylight stretching out beyond half past five.

My cats have trouble adjusting to this last one. At dusk, I always feed them the wet food they love, to get them indoors for the night. In the winter, this means they get dinner at half past 4 so they don't like having to wait a couple of minutes more each day—and being allowed outside for a bit longer doesn't compensate when it's cold and raining!

I know I'm not the only one who has had enough of this wet winter. Many of my clients tell me that they've felt low or tired in recent weeks and are lacking motivation to stay positive, to make changes or work towards goals.

I think sometimes we need to take the foot off the accelerator—we don't always have to be moving forward at top speed! I'm showing up for my clients, staying in touch with friends and planning lots of lovely things to do when we can get outside again. And that's enough.

### #coachinglife

A Valentines Day pottery class at  
**The Potthouse Collective in Cheltenham.**

A creative and mindful evening making a cup and saucer with a secret message of self-love.

I can't wait to see how it turns out when it's fired!



*I wanted to say how much I enjoy your newsletter. It really helps me feel part of an Apricot Lane Coaching "Community". I especially enjoy the coaching questions as they give me food for thought. It's great to hear what has been happening and the different aspects of your business.*

### 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 last month's SIN+CH meeting we had a challenging discussion inspired by a video from The School of Life. Their You Tube channel is full to the brim with short but sweet content on a range of themes to promote self-reflection and development. Our discussion was about "8 rules" that can guide us in everyday life, but only if we "rehearse" them until they become habits.

Some of the rules, like "Accept Imperfection" and "Friendship" got us thinking about our relationships with ourselves and others. One or two of the rules, like "Accept your idiocy" and "Cheerful despair" made us laugh as well as reflect!

You can link to SIN+CH



here

[SIN&CH \(apricotlanecoaching.co.uk\)](https://www.youtube.com/@theschooloflifetv)

And to School of Life here



<https://www.youtube.com/@theschooloflifetv>

### In my client's words...

#### What I know now...

*Things I've learned on my road to being self-employed*

**I like organising my own time.**

After 30 odd years of teaching, being a slave to timetables and terms, it was a big adjustment to have no one telling me when to work. I wondered if I would have the self-discipline to commit to working from home when no one was checking up on me. Finding that I can be flexible with my working days and change them as often as I want to has been one of the joys of being my own boss!



## Coaching to Move Forwards from Childlessness.

There are many days throughout the calendar year which are a challenge for those of us who are childless-not-by-choice (CNBC) One of those is in March, when Mothers Day comes around. I consider myself fortunate that my own Mum is still alive and well, so the focus of Mothers Day for me is all about her. I can't imagine how sad Mothers Day might be if your Mum isn't around. It's something that many of my friends have to cope with and I know I'll have to face up to this one day myself.

For those women who wanted to be a Mum, a whole day dedicated to Mothers is, at best, a reminder of what we don't have, and at worst a day that intensifies grief and loss.

The childless community pulls together on Mothers Day, offering support and understanding to those who are struggling. The CNBC community has also campaigned to raise awareness of how difficult Mothers Day can be for some. One of their successes has been to alert companies to the possible impact of unsolicited mail, and many now give people the chance to opt out of Mothers Day marketing.

If Mothers Day is difficult for you, reach out to the CNBC community or to me here at Apricot Lane Coaching, where you will find people who understand and can help you through the day.



A link to my latest blog and my website

### Inspiration!

"Maybe my purpose on this planet isn't to procreate. Maybe I have other things I'm supposed to do.."

*Jennifer Aniston.*

### Coaching Question

To what extent are you aware of your Purpose?

How has your perception of your Purpose changed at different stages of your life?

### Looking forward to...

Two friend's **birthdays** - celebrating at favourite places to eat.  
Gloucester **Rugby** playing in a cup final!  
Seeing **Elizabeth Day** at an event in Bristol

## Workplace Wellness Coaching What's happening with Workload?

My workplace wellness clients bring a wide range of issues to their 1:1 coaching sessions, including team dynamics, workplace relationships, career development, communication, time management, home stuff impacting work and work stuff impacting home.

But by far the most regular topic of concern is excessive workload. Working beyond paid hours, skipping lunch breaks, working at weekends, receiving work messages and emails at home... all of these seem to be the norm, just to keep on top of the to-do list.

In our coaching sessions, I see a worrying trend of fatigue, stress and disillusionment that is in danger of tipping into burnout if workplace culture doesn't change.

By offering regular coaching support I hope I play a role in helping staff to manage their wellbeing at work by offloading frustrations and exploring alternative ways to manage workload and consider self-care, whilst still doing the job that is expected of them.

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

Sarah x

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

