



## NEWS FROM APRICOT LANE COACHING

At the end of April I went on the writing retreat in Spain that had been planned several months before. This was my first retreat of any kind, but it most certainly won't be my last! Various dictionary definitions of the word "retreat" use language such as "withdraw after defeat," "back away from," "move away from something difficult or dangerous." Sounds horrific doesn't it? So I wonder how the same word came to be used to refer to something so peaceful, calming and restorative.

My retreat was to a rural Spanish villa, with a few other like minded souls, two coaches and some resident cats thrown in for good measure. I wasn't really sure what to expect, but I was hoping to find time to focus on writing, opportunities to relax and restore and perhaps even some sunshine. As it turned out, the weather was ok but not amazing; (I believe it was warmer in the UK that week!) and we were surprised, along with the rest of the country, by a 24 hour blackout. Despite this, I had a wonderful week, with fabulous hosts who provided delicious food, a beautiful environment, a variety of indoor and outdoor spaces to write, yoga, spa treatments and a day off at the coast. As a coach, it's a while since I've been coached and it was a treat to be asked the questions and given feedback from our writing coach Karen Williams and clean language coach Sheryl Andrews. The daily questions, "What would you like to have happen?" "How do you need to be for that to happen?" and "What support or resources do you need?" established a mindset at the start of each day that led me to seek a quiet place to write with a focus and purpose I've never felt before.

I learned that writing with a beautiful open view was inspirational for me. I don't have the time or funds to retreat to Spain on a regular basis, but I'm hoping to find some inspirational places nearer home where I can retreat on a smaller scale as I continue my journey from writer to published author!



## 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.*

The free taster sessions in April brought a few new SIN+CH ladies to our online meeting, but sadly none of them felt ready to sign up for SIN+CH membership— a bit disappointing, but our small, select group continue happily with our regular meetings, video prompts and monthly activities considering the ups and downs of the single and childless life! You can connect to find out more about SIN+CH here



[SIN&CH](#)

*Did I ever give a moment's thought (in childhood) to being "beach-body ready?" No, thank God!. I had my body and I was ready to take it to the beach. I didn't give a monkey's about how it would be regarded by anyone else. I had no idea what shame or embarrassment were...*

INSPIRATION...from Dawn French;  
Me. You. A Diary.

### Coaching Questions

**How do you feel about taking your body to the beach—or anywhere else?**

**What is your perception of how other people regard your body?**

**Make 5 positive statements about your own body?**

**What is it like to notice those things?**



Yes, this is me, flaunting my beach body!



## Coaching to Move Forwards from Childlessness.

I love to get positive feedback from my childless clients and when it's regarding my newsletter in addition to our coaching sessions then it's definitely worth sharing here. I always ask for consent to share. No-one has ever refused permission, but clients usually prefer to share anonymously. Rachelle, however told me,

*"no need to stay anonymous. I want to do all I can to help normalise our status as single and/or childfree. I'm finally at a place where I feel confident enough to do that. I remember when we were speaking that I was struggling to find the courage to even 'like' a post about being single or childfree!"*

Rachelle and I only shared a few coaching sessions, but sometimes that's all it takes to help someone move forwards from childlessness.

This was the message I received from Rachelle a few weeks ago, written in bold and inspirational spirit, with a touch of activism thrown in!

*Thanks for sharing this month's newsletter Sarah - it always brings me a sense of contentment/joy to read it. I will share it with a couple of single/childless friends I've recently made. I've continued to grow in strength and spirit since we did our coaching sessions a year or so ago. I know we only met a few times but looking back, those were really pivotal moments for me. I feel so at peace with both my single-ness and childfree status - so much so that I now prefer the suffix 'free' to 'less'! I'm continuing to build my tribe and no longer feel 'less than' women with children.*

*Anyway, just wanted to touch base to say thank you for all you do. I will definitely recommend you to other women I meet. It's so empowering that we are finally reclaiming our full selves and fiercely standing up against this crumbling patriarchy!!*

Rachelle is one of the clients who is going to be contributing her story to my book, so I'm looking forward to meeting up with her very soon to work on this.

### #Coachinglife

I've taken up bowls! My grandparents played, my Mum and Dad played, so perhaps it was inevitable that my turn would come. Like many, I've always considered bowls to be an old person's game, and it's true that many (but not all) members of my bowls club are in their senior years. I'm happy to admit that these more experienced players are far better at the game than I am as a beginner and relative youngster! I find it inspiring that people engage enthusiastically in sport, keeping their bodies mobile and their social connections thriving.

Bowls has brought back my competitive sporting instinct that's been dormant in the last few years and I'm moving my body and using joints that have become a little creaky with age! I'm also enjoying learning a new skill, along with all the rules and etiquette of the game and meeting a new group of people who have been friendly and welcoming. And I'm loving the nostalgia of using my Mum's old woods (bowls) and the feeling that I'm continuing a family tradition.

*When did you last try something new?*

*What was your motivation?*

You can see more of my #coachinglife on Instagram @apricotlanecoaching

**#gardenlife** The peonies in my front garden burst into bloom at the end of May, flounce around for a couple of weeks, if they can avoid heavy rain-showers, then collapse in a heap until the same time next year! I love them!



You can find me on Facebook and Instagram @apricotlanecoaching



Looking forward to...  
Aunty time - watching my niece acting Shakespeare and my nephew playing cricket

Have you visited my website lately?

There you will find my latest blog ; an archive of all my newsletters; a bit about me and details of all the coaching services I offer

You can link to my website and read my Blog here



[Apricot Lane Coaching - Coaching. Life Coach. Wellbeing](http://apricotlanecoaching.com)

Connections

Karen Williams Book Mentor. [Librotas.com](http://Librotas.com)

Sheryl Andrews Listening Detective.

[stepbysteplisting.com](http://stepbysteplisting.com)



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

Stay in touch.

Sarah x