



## NEWS FROM APRICOT LANE COACHING

I realise I've been a bit quiet lately on social media and haven't sent out a newsletter since Christmas. This wasn't a conscious decision, but just how things turned out during a slightly hectic start to the year.

Apricot Lane Coaching has been pleasantly busy. (I like to pack in plenty of work in the winter months so that I can take more time off in the summer!)

I've been organising things on the home front, like new window blinds, a professional oven clean and repair work on the gutters. None of these are interesting enough to share details, but they have brought me a sense of satisfaction in looking after my little house and ticking off the to-do list. I've finally got round to addressing a knee injury that's hampered me for months, with the discovery of online Yin Yoga. Purposeful but gentle stretching has become a daily morning routine, with the combined benefits of a calming ritual and pain relief.

There have been catch-ups with old friends, a joyful singing group and upcoming village social events, all of which give me meaningful connection and enjoyment.

And a lot of time and headspace has been taken up with family health concerns. I would never back away from being there when needed, but I'm also aware that my own physical and mental wellbeing are important so that I can show up for others. Sharing responsibility with my sister, talking with good friends, balancing work, rest and play are all key factors in self-care that enable me to cope when things feel tough.

It's worth reflecting that just because I haven't posted or written about life lately, doesn't mean it hasn't been going on! Perhaps my unplanned break from online sharing has allowed me to focus more consciously on the ups and downs of real life.

### 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 SIN+CH coaching group meeting in February we talked about finding purpose and planning things to look forward to.

We always balance our conversations with positive news, sharing feelings and setting small intentions.

If you are single and childless and think you might like to join our conversation, you can find out more about SIN+CH here!



[SIN&CH](#)

### Book News

This time last year, I was preparing to go on a Writing Retreat in Spain. I took with me some early ideas for a book about

#### **Moving Forward From Childlessness**

The retreat gave me a kick start into seeing myself as an author and now, a year later, the first draft of my book is nearly finished!

It's part memoir/part coaching workbook. I've found it fulfilling to retell my own childlessness story, to reflect on what I've learned about Moving Forwards and to create coaching questions and exercises that I hope will help the reader Move Forwards from Childlessness too.

I've begun to seek feedback from fellow writers on what I've done so far. As a new author, this was a bit daunting, so this comment stood out for me and assured me that I'm on the right lines!

*"I think the most powerful parts are where you talk about your own story and the move from being uncomfortable about sharing to now being an advocate. I like the questions that ask for reflection in terms of how others can help not only themselves but others like them, and others they work with or are surrounded by."*

I'm looking forward to sharing more book news with you as I learn about editing and publishing. Perhaps I'll even share a few extracts in my next newsletter!



## Coaching to Move Forwards from Childlessness.

Every childless person's story is different, but some themes are common to many people's experience of childlessness.

One of those themes is how to navigate social occasions with friends and family who *do* have children. In the early stages of childless grief, being in a social environment with other people's children, or with people talking about their children, can feel awkward and upsetting. I've worked with different clients this month who described feelings of jealousy, exclusion, inadequacy, failure and sadness at family parties. All felt they wanted to show up for these occasions, didn't want to miss out or let family down, but at the same time were aware of the damaging impact on their own wellbeing.

One client this week, who has just decided to end her IVF journey following several unsuccessful cycles, spoke of dreading an upcoming hen weekend with a plan for partners and children to join the group for Sunday lunch. She was looking forward to having fun with friends over the weekend, but knew that the impending arrival of several children on the Sunday was causing worry about her own feelings and reactions.

We talked about planning ahead for such occasions. What options did she have? Leaving on the Sunday morning? Confiding her feelings to one or two supportive friends? Having an exit plan if needed?

She decided she would ask to sit with other friends who don't have children and would let them know that if she needed to take a break, they shouldn't wonder where she had gone and she would return. Making this plan beforehand made her feel more comfortable about the whole weekend. "I feel much calmer knowing that I have some strategies... I can be bolder about telling a few people about what's going on for me so they can support me if I need it."

Planning ahead and having coping strategies can help with managing anxiety and building confidence in social situations.

Have you visited my website lately?

You can find an archive of all my newsletters and blogs there, and details of the coaching services I offer

You can link to my website here



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

INSPIRATION...from  
Stephane Garnier  
How to Live Like Your  
Cat

"Your cat will never feel ill at ease in the sense we mean, for ... your cat has no image to protect: Your cat simply IS. Consequently your cat is transparent in its behaviour, and no little fibs about its personality or abilities can shake its confidence or self-esteem."



### Coaching Questions

- ◇ When do you feel ill at ease?
- ◇ Are you trying to convey an image that isn't authentic?
- ◇ How could you be more transparent and honest?

Looking forward to ... getting back into the garden

- the joy of new seed packets and the hope they contain
- the prospect of planting, nurturing and growing
- the expectation of flowers and food grown from scratch



You can find me on  
Facebook and  
Instagram  
[@apricotlanecoaching](#)



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

