



NEWS FROM APRICOT LANE COACHING

I’m starting this newsletter on 1st September—Happy New Year to you all!

Yes you are reading that right, and I haven’t got my dates wrong. September always feels like the start of a new year for me, undoubtedly a legacy of working in education for so many years. Even now I’m no longer a slave to school term dates, my mindset is still in tune with the new academic year, especially as I find it to be a time of year more conducive to reflecting and resetting than the depths of January.

I enjoyed a summer of fun events, garden time, meeting with friends and family, and taking it easy on the days when it was too hot to do anything. (The afternoon siesta became a welcome new habit!) But come September, I’m ready to get back into a more purposeful routine of work, self-care and getting stuff done. And that feels ok, because having guilt-free time off in August means I’m ready to hit the ground running into the autumn.

September is a good time for me to look at the vision board I created in January to remind myself of how I wanted this year to be. It’s all very well setting up a vision, but I don’t want to get to December and realise I haven’t achieved anything! So I reflected this morning on what has happened so far with my visions and what comes next...

I share some of these reflections through the rest of this newsletter and ask you to consider your own version of a September reset.



World Childless Week has its 10 year anniversary next week. This supportive online space is available all year round for those of us who are childless not by choice and then in September every year offers a host of events, connection and support for the childless community.

Running this year from 14th—20th September, all the events and contributions are free to access.

In 2017, World Childless Week was the first place I publically shared my own story, taking my first tentative steps towards recovery from grief and trauma. I have made written contributions every year since, and I am proud to be doing so again this year.

I will also be sharing a webinar platform to talk about finding your worth as a childless person in a world of parents and, for the first time, hosting my own webinar about writing our stories.

You can link to register for these webinars and for the rest of WCW here

We are worthy of writing our stories — World Childless Week

Nothing To Prove: The beauty of life free of pronatalist culture — World Childless Week



INSPIRATION...
from
Stephanie Joy Phillips.
Founder of World
Childless Week

“I think the basis of everything is speaking out for myself. I’ve found my voice. I can express my reality with conviction, regardless of if I receive empathy or understanding.”

Coaching Questions

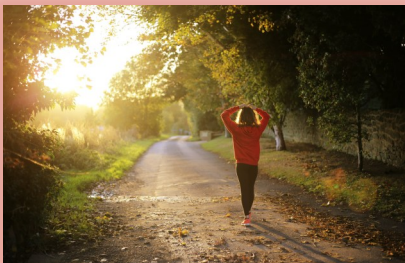
When was a time that you had to find your voice?

How did you do that?

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



Vision Board Reflections

The vision in January

- ◇ Move More

The inspiration

- ◇ To feel fitter and healthier

The reality so far

- ◇ A new morning Yin Yoga habit established for 7 months and counting
- ◇ Playing bowls at least twice a week.

Next?

- ◇ Autumn walking



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 took a break for the summer. I'm looking forward to reconnecting at the end of September to share our stories of our solo summers!

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](#)

#coachinglife

My#coachinglife Instagram doesn't have thousands of followers, but I do manage to pick up a couple of hundred views for several of my posts. I don't do it for the likes, I just enjoy sharing pictures of my happy single and childless life! However, I was pleasantly surprised recently when a few photos of blackberry picking and the resulting apple and blackberry crumble picked up 682 views.

If I was analysing my content. I'd be looking into the reasons why, but life is too short for that! I'm just quietly pleased that so many people are inspired by a nice crumble-crumble.



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

Vision Board Reflections

The vision in January

◇ Quiet time in the garden

The inspiration

◇ Gather what you have. Take time for the small things.

The reality so far

◇ A gathering of friends in my garden. Sharing my space. Raising money for charity.

Next?

◇ Planting bulbs and seeds ready for next spring

My little garden gathering was a small step outside my comfort zone.

It brought together things that I love, (baking, connection, gardening and a cause close to my heart) in a space that I normally feel is my own haven (my garden).

I was quite anxious about sharing that space, wondering if it was big enough/ beautiful enough/interesting enough for others to enjoy. I enjoy my solitude, peace and quiet, so hosting lots of other people felt like a brave choice. It actually stemmed from a conversation in our July SIN+CH meeting where we all agreed to do something a little bit brave before we next met!

As it turned out, I enjoyed every moment; the day of baking goodies, the tidying and arranging of my garden, the time spent with lovely people and the pride I felt when they complimented my garden—not to mention the £200+ we raised for charity!

I was exhausted afterwards though and definitely needed some quiet time to myself to reset!

Perhaps there is something you might do that feels a little bit brave?



Looking forward to ...
A break in Brighton with my lovely Mum
New bookshelves
A new rugby season at Gloucester

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



You can find me on
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Instagram
@apricotlanecoaching

