



Helen Henry Confidence Coach



WINTER 2022-2023 NEWSLETTER

LATEST NEWS

Winter Catch Up

I feel warmer, the nights are getting lighter and the snowdrops have arrived. That, for me, means it's time to be grateful for our winter months and start looking forward to the spring.

So what am I grateful for this winter? I started my group course, which has been lovely, to work with a group of women and watch the extra support they showed each other. I will be launching the next course this month.

The Confidence Advent Calendar was great fun with lots of involvement on the Facebook group, a Confident You. We had 6 winners of different prizes and I am looking forward to our Easter Challenge.

My walk and talk coaching did not stop over the winter, due to the wonderful women, who didn't care about the weather and just wanted to continue being outside. We have got absolutely drenched, frozen and still came home feeling better than when we started out.

My online coaching keeps growing and I am so proud of my clients, making changes that are transforming their lives. It is inspiring to be a part of it. What will you change this year?



ICE-CORE

My Stress Free Strategy:

I = IDENTIFY your stressors
C = CHANGE your habits to;
E = ELIMINATE, reduce or avoid your stressors.

What everyone also needs to include in their lifestyle to ensure they are less stressed is:

C = COMMUNICATION
O = OUTDOORS
R = RELAXATION
E = EXERCISE

If you follow this, you **WILL** reduce your stress and feel more confident.



CELEBRATE

New beginnings

This Winter I fell in love, properly, with our puppy, Bella. Having a puppy has been really exhausting and something I have found so challenging. Sometimes ignorance is bliss when you go into these new adventures, otherwise I am not sure I would have got her in the first place! There were times when it felt like I just couldn't keep up with the constant training and lack of sleep. I just wanted to curl up in a ball and be left alone to my own thoughts and some peace...Sound familiar?!

It doesn't have to be a puppy that causes you to feel stressed, it can be work, children, your home, family, friends.

I learnt to slow down, to be gentle with myself, to listen to myself and most precious of all, Bella forced me to be present in the now, and reflect on how a dog lives and how as humans we could actually learn a lot from such an incredible, caring animal, who just tries to please and wants to be with you. So from Bella, ICE-CORE was created, which I briefly explained above. I will be forever grateful for what Bella teaches me daily. For the time she demands to just hug her, that as humans, we can just be too refrained to ask for, even when it is what we need the most.

My favourite part of winter this year was the snow. Going walking, sledging, building snowmen and having snowball fights. Perfect family time.

HERE IS THE FACEBOOK GROUP TO JOIN :
WWW.FACEBOOK.COM/GROUPS/YOU.BE.CONFIDENT.2/



If anything in this newsletter resonates with you, and you want to chat, drop me a reply to this email.

Thank you,
Helen



Coming up:

Every Wednesday at 8pm I run free workshops, interview guest speakers in Confessions of Courage and hold a space to journal our thoughts and feelings.

New for this Year will be a half day walking retreat where we will, as we walk, identify what makes you stressed and work out how we can change that so you feel more calm, confident and in control of your life. Walking will allow peace, inspiration and companionship. Details to follow soon.

