



Helen Henry

Confidence Coach

SPRING 2022 NEWSLETTER

LATEST NEWS

Spring Catch Up

I can't believe we are already in April and Spring is here! I absolutely love spring, it is my most favourite season of them all. I love feeling the warmth slowly appearing, realising we don't need our hats, gloves and coats anymore. I love the days getting longer and being able to do more in the evenings. It feels like I have been gifted time purely because I can do more outside, which I love and is much harder when it is dark at 4!!

I love watching the signs of spring; first in my garden as the snowdrops come through, the bird song, in particular the blackbird, the beautiful pink blossom, the new buds and life and colour appearing wherever you turn. Mowing the lawn in the evenings and the smell that it creates, watering the flowers to help them along their way.

It is stunning and lifts my mood to see so much new growth and life. I want to do more, I have more motivation and a spring to my step, excuse the pun!



5 TOP TIPS

To feel energised in spring:

- #1. Stay hydrated
- #2. Go outside early morning
- #3. Sit out in the evening
- #4. Eat healthily to move on from the winter comfort food
- #5. Take time out to listen, breathe, smell and watch the Spring changes taking place



CELEBRATE

Spring news

So what has been happening so far this spring?

I had the most wonderful family holiday away skiing to France, which was meant to happen last year and so happy we finally got to go. It was EPIC!

I stopped, turned my phone off and enjoyed a whole week just with my family and the slopes. It was certainly well needed, even though I hadn't realised quite how much I had needed it.

Coaching news wise I have created a new Facebook group called Confident You. I decided that Banish the Blues was a fantastic group that helped with many outdoor challenges during lockdown but we were now facing a new problem and that was life after lockdown. How so many people have been left feeling overwhelmed working from home, not needing or wanting to go out, missing going to the office and seeing other people but equally worrying about seeing others too.

It has been such a rollercoaster of emotions that I wanted to support women making that transition to their new lifestyle, whatever that may be. Confident You is there to support, motivate and encourage you on your journey.

If you haven't yet joined I would love you to become part of our growing community.

**HERE IS THE FACEBOOK GROUP TO JOIN :
[WWW.FACEBOOK.COM/GROUPS/YOU.BE.
CONFIDENT.2/](https://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:

Confessions of Courage started last week and is a beautiful time to sit and listen to true stories of amazing women who are ready to share their story of how they feel more confident and why they had the courage to go out there and do it.

They are truly inspirational women and you can watch live on the Facebook group, Confident You, every Wednesday at 8pm

