



Helen Henry

Confidence Coach

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LATEST NEWS

Confidence Coaching

Covid has really thrown a spanner in the works, changing our lives so quickly and now, evidently not going back to how it was. During my coaching sessions and the wonderful help I got from volunteers for my survey, it is clear that we are struggling with post pandemic blues and how to move forward.

Having the confidence to grab your lives back or to adapt to the new lifestyle. Missing friends who you used to spend time with but have now drifted apart. Going out, working from home, missing the office, the banter, the commute.

What I would love to say here is that you are not alone. If you are feeling like you aren't coping and you must be the only one, you aren't.

I would love to hear how Covid has affected you the most; the good the bad and the ugly. Email me back and help me to continue building my understanding of what you feel.



5 TOP TIPS

To start socialising again:

- #1. Phone a friend at least once week
- #2. Plan to meet someone for a walk
- #3. Plan to go to the cafe for a drink
- #4. Enjoy an evening out to the cinema, pub, restaurant, friends house.
- #5. Focus on conversation and laughter



CELEBRATE

NEW COURSE

Since the beginning of the year I have started a wonderful new confidence course. My clients have been amazing and have really embraced where they want to go and how they are going to get there.

We break down what it is that you are feeling now and how you would like to feel in 3-6 months time. It is so exciting working out how you are going to get there and putting the plans into motion.

Do you know what is helping...they have constant support from me the whole time, if they choose. Well not in the middle of the night!

If you are struggling with your confidence and feeling like you can't do something the last thing you need is to feel alone. What makes this programme so different and why it is working so well is the constant support via WhatsApp, the Facebook group, the weekly 9.30 community group call and their 1:1 weekly call.

I am so excited seeing their progress and knowing this support is another secret ingredient to my clients success.

**HERE IS THE FACEBOOK GROUP TO JOIN FOR FREE COACHING AND SUPPORT:
[WWW.FACEBOOK.COM/GROUPS/BANISHTHEBLUES/](https://www.facebook.com/groups/banishtheblues/)**



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:

Weekly support and FREE coaching on Confidence Chatter to help iron out those weekly worries, every Friday, at 9.30am. I will be live with you on Zoom via the Banish the Blues Facebook Group. An invite will be sent in the group every Friday morning.

Last week we looked at how we start our morning to set ourselves up for the best possible start to your day. See the ideas above.