



Helen Henry

Confidence Coach

SUMMER 2022 NEWSLETTER

LATEST NEWS

Summer catch up

The summer seems to have flown by and we are starting to feel the arrival of the Autumn months.

The summer holidays were really special. I worked with refugees, which was an absolute privilege. I taught English to teenagers, who had only arrived in England over the last couple of months. Their journey to get here was horrendous and yet they were so much happier to be here even if that meant being away from their family.

It really made me think how clueless we are to what is really going on in different countries. These kids were mainly from Afghan and Nigeria and they did not want to go back home.

Can you imagine what they must have gone through...to choose to leave and be happy about it?

It made me feel grateful for what we have, not just my family but the safety and security in our country. To not need to leave home, to have food, water and shelter. The basics that they just didn't have.

When you are feeling crap about what you don't have, it always helps to remember what you do...



5 TOP TIPS

To feel grateful

#1. *Keep a gratitude journal*

#2. *Write 1 thing you are grateful for each day, however small*

#3. *Look back once a week and see all the things you are grateful for*

#4. *Put time aside to just be, either meditating or peacefully outside*

#5. *Spend time with those you love*



CELEBRATE

New beginnings

This summer we went away to Spain, got stranded there and had to stay an extra 5 days in an all inclusive...it was such hard times!! We also went camping in Woolacombe and went to the Commonwealth Games to see the netball and the athletics, which were both amazing.

On our way home we picked up our new family member, Bella, our Black labrador, who has totally thrown us into chaos but is absolutely gorgeous.

I haven't really slept for the last 6 weeks, it really is like having a baby at night and a toddler in the day. I had no idea how hard having a 9 week old puppy would be! It has been such a learning curve and there has definitely been times when I wondered why we had done this...2 kittens would have been much easier!!

Sometimes it feels like there isn't an end in sight, but take your time, be gentle with yourself and be grateful for what is going well.

My clients have all been walk and talk over the summer, which has been perfect. I am so proud of them and all they have achieved.

Depending on how they are feeling, we might walk non stop for an hour and really cover some ground, other days it is more gentle, finding a bench and taking a breath.

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 and listen or share stories of courage. We have a wonderful community, supporting each other as we grow to become a more Confident You. If you aren't yet a member please do join below.

In the Autumn I will be announcing a new programme that I am developing at the moment...Watch this space!

