



Up Where the Air is Clear: September 2021

Are you ready for your dreams to take-off?

Coaching provides a space for you to think and reflect. **Up Where the Air is Clear** is a monthly collection of some things to take you back to that reflective space, just for a little while. So grab the drink of your choice, tune everyone out and see whether anything here inspires you.

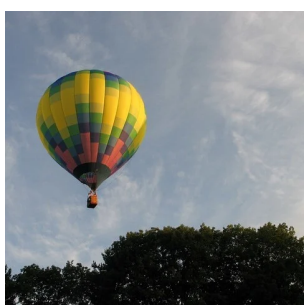
Ellie



Light the fire - Something to watch or listen to

Where joy hides and how to find it

Sometimes we all need a bit of joy in our lives. But would we know it if we had it? This [fascinating TED talk by Ingrid Fetell-Lee](#) explains her research as a designer into where to find joy around us.



Ready to fly - Something to read

Time for Kindness

My friend Sarah Browning is on a mission - #ProjectAmplifyKindness. Find out more on [her blog with another of my friends Alexis Bushnell](#)



Ready to soar - Something to do

Reflection

For many of my coachees working in Higher Education, the summer brings a shift of emphasis. Not a rest as such because there is always a list of things to do, but a temporary relief from some routines. It's a time to re-evaluate, and a simple [Wheel of Life Exercise](#) can

help.

Coaching explanations

Blogs from the SendThemSoaring Archive that explain things about coaching



The Power of Thinking

Coaching is fundamentally about helping the client do their best thinking.

Find out more about my current coaching services



A Coachee's guide to... coaching

My take on what coaching is, for those who have not experienced it before.

New clients - book a free 30 min taster/chemistry session

Previous and existing clients - book a one-off 60 min top-up session £80

SendThemSoaring

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