



October 2022 – How did that happen?

Are you ready for your dreams to take-off?

The more alert amongst you might have noticed that I haven't sent a newsletter since July (though if you haven't that's fine – your inbox probably looks like mine right now – full of things you meant to read but didn't quite get around to). Given that the topic of the July newsletter was "rest" perhaps it's apt that I've ended up taking an extended rest from the newsletter, but that wasn't the intention.

So what happened? In short, life happened. I did take some time off in August with the family, then September turned up with the new school year and lots of the things I'd said yes to thinking that September was a long way off suddenly needed doing. It's a good thing to have a lot of work on, but not when all the deadlines pile up.

Many of my coaching clients took the summer "off" from coaching too – but in the last 2 weeks there has been a surge in people getting back into the new academic year and booking more sessions. It's been good to reconnect and see that for some of them things have moved on, whilst for others October has brought a realisation that their challenges remain.

As I hadn't sent anything for a while, it suddenly became a really big deal and therefore I was waiting for a time to craft something amazing for you all. But then it becomes too big a step to take. So today I finally decided to get one of the things niggling me out of my head and send you this different type of newsletter. It doesn't have activities and links etc, it's just me, talking about what's going on. I'm taking a tiny step in the hope that it will stop niggling me and then next month it won't take so much energy to take a slightly bigger step.

What is niggling away at you but has become so large that it's too overwhelming to face? What is the smallest step you can take to move forward?

Ellie

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