



Helen Henry

Outdoor Life Coach

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2021

Lockdown Life

I thought 2021 would see us clear of lockdown but here we are again and at times it is really hard. I miss seeing and hugging my family and friends, I miss going out and being free to go where we want, but this is how it needs to be. I am so grateful to have my family safe and well, a job I can continue to do as well as homeschooling the children and the love of the outdoors, which keeps me sane.

Hints and tips for Lockdown:

Put aside time for getting outside/ doing exercise.

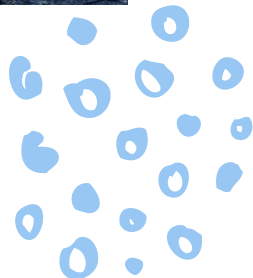
Organise a timetable with your family so you know when it is work time, play time, parents in an important meeting time and do not disturb!!

Don't try and do too much.

Lower your expectations.

Don't feel guilty for taking 'you' time.

Lots of love and hugs for your family



HORSES

My Calm, My Happiness

Horses are my happy place where I can relax, stop thinking about the rest of my troubles and just focus on the horse, my riding or my children learning. At the moment we are loaning this beautiful pony Maisie who is the kindest horse I have ever met. She is so lovely, and gentle especially around the children. I also have had the opportunity to ride another lovely cob, Penny and a super horse Callum. I am so lucky to have horses in my life. Part of my 3c's programme is to find time for your calm. What would you love to do if you had more time?



CELEBRATE

The big things and the little things

I have had a lot to celebrate in 2020 to 2021. I qualified as a Life Coach, I completed my Introduction to Counselling course, passed an Outdoor Life Coaching course and I graduated from a Business course. I am not very good at celebrating what I have accomplished and so I am trying to do this more and not just with the big things. At the end of today I will be congratulating myself on finishing this newsletter!



What to look out for this year:

- Join in with the 5 day outdoors challenge! See if you can challenge yourself and your family to get outdoors, everyday, at least once. Keep a look out in your emails for how to join, prizes to be won!

- More 1-2-1 coaching sessions available, with me outdoors or on the phone whilst outdoors.

I would love to connect with you more:
Send me a connection request on LinkedIn to see my behind-the-scenes thoughts. "Like" HRH.Lifecoach on Facebook to get my latest tips and strategies. Follow me on Instagram to see my latest inspiration.

Find out more at www.hrhlifecoach.co.uk

- 1-2-1 horseback life coaching. Meet me for a ride in Rushmere for a ride and life coaching session.

-Group soul hike (when Covid allows).

- Horse riding retreat day for those people who don't have their own horse but would love to experience the benefits of being around horses, being outside and life coaching (when Covid allows).