



Helen Henry

Outdoor Life Coach

JUNE/JULY 2021 NEWSLETTER

LATEST NEWS

SOUL HIKE

During June I hosted my first Soul Hike for women. The soul hike was set up on the back of my outdoor challenges and the need for that time outside to find calm and clarity. To be able to have time out for half a day in the beautiful Ashridge Estate to go on a good hike with like minded ladies was an absolute pleasure.

Along the way we stopped to work on mindfulness, gratitude, our focus for for now and the future. Everyone has limiting beliefs, that might be so outdated but you are clinging on to them possibly from childhood. Sometimes it is becoming aware of those beliefs that allows us to move forwards. We looked at what could be holding you back.

There is the most stunning view where we stopped and just had a moment to breathe and really feel grounded in the now. *"I can't believe how relaxed I feel and ready to take on all my jobs tomorrow. I feel motivated, refreshed and so grateful to spending a wonderful few hours with Helen and the other ladies. Thank you, I will definitely be back again".* Emma, Buckinghamshire.

Look out for my next one in September.



5 TOP TIPS

To create Headspace:

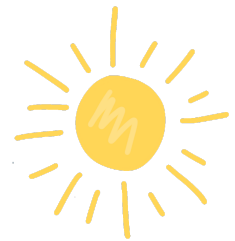
#1. Journal

#2. Walk

#3. Be creative with music or art.

#4. Exercise

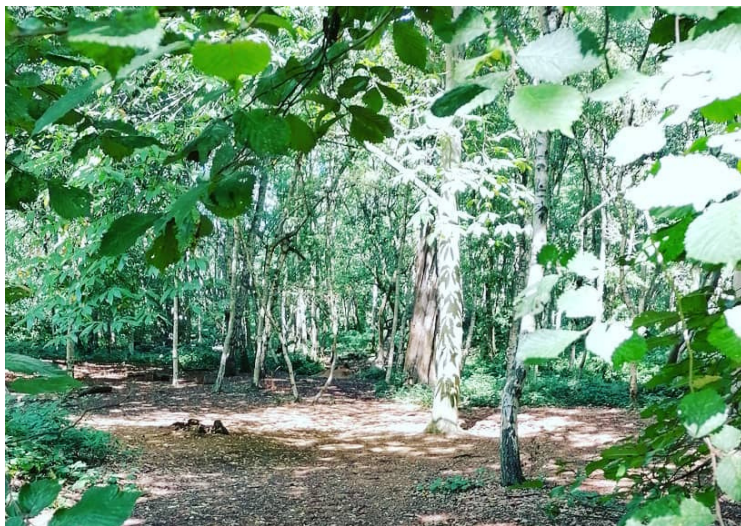
#5. Meditate



CELEBRATE

Level 2 Counselling Course

I am so pleased to announce that I have passed my level 2 counselling course. It is the start of a 4 year journey to become a counsellor, which I am going to work on alongside my outdoor life coaching. I have learnt so much about myself, which at times has brought tears of pain and joy. I have worked with the most amazing group of people, who have been supportive and motivating. The knowledge and skills that I have gained have already enhanced my life coaching and pushed me further along in my journey. I have absolutely loved it but it has been absolutely exhausting too. I am so glad to have passed and looking forward to a break to have time to focus back on my business.



I would love to connect with you more:
Book a free 30 minute consultation call to see how I can help you manage the stresses of work and the overwhelm of family life to create headspace and avoid burn out.

<https://bookhrhlifecoach.as.me/>



What to look out for next:

- *Corporate wellbeing walks to re-connect with your team. Reflect, socialise and walk with your colleagues to rediscover what drives you, and what help you might need. After 18 months of lockdown, remote working, hot-desking and a complete change in your working lifestyle, there might be some people you haven't even seen yet, except on a screen. 2.5 hours of time out walking around the stunning Ashridge estate, Buckinghamshire. Revitalise your soul and de-stress from the overwhelms of work life balance. hrh.lifecoach@gmail.com*