



Helen Henry

Outdoor Life Coach

APRIL 2021 NEWSLETTER

LATEST NEWS

Family Wellbeing

During the Easter Holidays I ran a free family challenge to see if you could get outside for 5 hours in 5 days. I was hoping that this would ensure families enjoyed being outside at least 1 hour a day. Well after the first day I soon realised that we were going to smash this as we had people doing 5-7 hours in the first day!! Each day there was a challenge to discover a different place, be near water, up a hill or mountain and record the hours that you were outside as a family. It was so wonderful to see all the shared adventures on the Facebook group.

Following on from this challenge I introduced the 4 week, family wellbeing programme. Each week we have focused on one of the 4 main areas of our wellbeing.

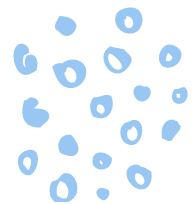
1. The environment you live and work in
2. Your mind
3. Your soul and connections
4. Your physical wellbeing.

We met every week on an online call to talk through the weeks topic and goals. It has been so wonderful to discuss how we are doing, what we are going to focus on and how the previous week went.

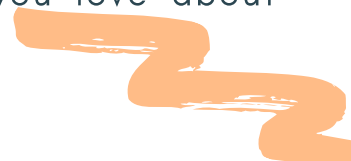


5 TOP TIPS

To Revitalise your Connections:



- #1. Talk to each other.
- #2. Meet your friends and family for a walk.
- #3. Have a meal together.
- #4. Be Kind.
- #5. Say 2-3 things you love about your family members.



CELEBRATE

The big things and the little things

I am now not just a qualified Life Coach but an Accredited Life Coach too! I really wanted to ensure that clients knew that they were working with someone who had passed the high standards set by the International Authority for Professional Coaching and Mentoring. Through this you will know that there is standardisation and regulation for the service I provide, which isn't necessary for a Life Coach but I feel is very important. I am so pleased to have been awarded it.



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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:

- *A Free 3 day Outdoors Challenge for families over May half term. From the 31st May to the 2nd June; can you get outdoors for 5 hours each day? Share your adventures and get involved with our community on Facebook*
- *Group Soul Hike Friday 11th June. 2 hours of time out walking around the stunning Ashridge estate, Buckinghamshire. Revitalise your soul and de-stress from the overwhelms of day to day life.*