

Hi Mark, Welcome to the Summer edition of my newsletter filled with inspirational tips and news. If you are unable to view the graphics/are unable to read it clearly or would prefer to read this message in your browser, [click here](#)

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"It is not in the stars to hold our destiny but in ourselves." - William Shakespeare

We aim to send this newsletter out to you twice per year to share coaching and parenting tips and to share general information and successes.

What Is Lifestyle & Motivational Goal Setting Coaching *become the person you want to be!*

As a life and parent coach I tell all my clients that having a plan (setting goals), either a life plan or a plan of action for your immediate future will help you feel there is direction to your life. It's easy to drift through life, doing what others do or what other people expect you to do - but what are YOUR goals for yourself? If you know where you are going, you are more likely to get there! Or to put it another way I read in a book recently that the maps in shopping malls that say "You are here" are there for a reason; it's whole a lot easier to know where you're going – and how to get there – if you know where you are now! Each session is designed to meet your specific needs and motivate you to create the changes you need to succeed. So working with a life coach really can help you to build the skills you need to get you to where you want to be...

Some of the reasons why people have booked [coaching packages](#) with me.....

- parenting issues
- confidence
- work/family life balance
- Stress
- self image & self esteem
- career
- health & wellbeing
- personal development

Free Summer Coaching Offer.....

So if this has whetted your appetite, or if you've thought about investing in coaching but haven't quite got around to it, how would you like to get your hands on some free coaching? I am extending my Summer Coaching Offer until the end of September for 2 lucky people. This means that the first 2 readers to respond and invest in a coaching package with me will receive a full 60 minute coaching session free of charge, this means you benefit from 6 x 1 hour coaching sessions for the price of 5! I also have the fantastic "3 for less than 2!" offer. This offer allows all clients whom have had coaching with me before, the opportunity to refocus themselves or set new goals for themselves. Remember my offer is only available for a short time, and this newsletter goes out to over 500 people, so don't delay email today, it's time for you to make that change!



The Secret to Happy Parenting

As well as my work as a life and parent coach, I also spend time running [parent workshops](#) and programmes and with the summer holidays now upon us I thought some tips would be helpful – in this edition I'm concentrating on

Four Steps To Help Parent Reduce Holiday Stress

The holidays are coming up, and although many parents look forward to having their children home from school, they also find that after a few days it isn't so easy having the kids underfoot all the time. Kids are always excited about being off school, but we often find they soon start fighting and squabbling with their siblings, and when they're not doing that they

complain to their parents that they're bored!

The holidays are an odd time that combines a lot of fun with a lot of stress. It isn't easy having the children right on top of you all the time so here are a few ideas for maintaining sanity during these both enjoyable and difficult times.

1. HELP KIDS PLAN OR STRUCTURE PART OF EACH DAY

With school-age kids, help them plan or structure part of each day, then let them figure out what they are going to do to entertain themselves for the rest of that day. Do not fall into the trap of seeing yourself as the resident entertainment committee! You might help your daughter by allowing her to have a friend over to eat dinner, watch a DVD and then sleep overnight. The rest of the day your daughter decides for herself what she'll do. Or you might take your son out to lunch and then to a movie, but the rest of the day he entertains himself.

2. BE CLEAR ABOUT THE RULES FROM THE START

Make the above rules clear as soon as the holiday starts, so when the kids come up to you and say, "There's nothing to do," you can reply, "You and I will be going out at 4, but in the meantime I'm sure you can think of something." Above all, don't keep making suggestion after suggestion after suggestion, only to have a child shoot down each idea as soon as it's out of your mouth. Making a lot of suggestions to your children for what they can do implies that you are responsible for keeping them busy and feeling entertained.

3. PLAN ONE ON ONE FUN

Plan some activities one on one with your children. Just you and one child — no spouse or siblings. Not only does this eliminate the fighting, it offers the opportunity for real closeness and bonding. Most parents find that it's a lot easier to have fun when it's just you and one child, rather than the whole family together. This may sound funny, but family fun can be over rated! Kids love having a parent all to themselves, and under these circumstances each child is usually much easier to get along with.

But how can parents stay in touch with their teens when it seems they are out with friends all the time? Or, when they are home, they're in their room, on the phone or on the computer.

Your teens may not want to eat dinner with the family, and family outings may not be on their agenda. But dinner and a movie, a shopping excursion, or driving around in the car—just the two of you—may help a lot. Let your partner (if you have one) stay home with the other kids. Take turns getting to know the person your child is becoming.

4. AVOID FEELING GUILTY

Don't feel guilty if, two weeks in to the holidays you find yourself wishing the kids were back at school already. You'll have lots of company.

If you are interested in any of our workshops, courses or parent coaching packages, please visit our [website](http://www.natural-flair.co.uk) or email me at sharon.lawton@natural-flair.co.uk for more information.

Tips for A Healthier & Stress Free Life

I am very pleased to introduce a new Health and Wellbeing slot to my newsletter. I have joined forces with local Personal Fitness Coach Rob Horslen of Life Change Fitness to give you tips and advice on obtaining a healthier, fitter and stress free life

Hi there, I am a fully qualified Personal Trainer to REP's Level 3 and it is my pleasure to be asked to contribute to Natural Flair's Health and Wellbeing section with this article. In this slot I will be giving you tips and facts to help with your fitness goals and give you a bit more knowledge of how to stay fit and healthy.

The fact is that exercise (both cardiovascular and resistance) plays a critical role in boosting your metabolism, allowing you to lose your fat for good!! Getting and keeping your metabolism high without exercise is like running in a swimming pool; it can be done but there are easier ways to do it! Essentially the key to a fat loss programme has three components: a proper nutrition plan, resistance training (aka, weight training) and cardiovascular exercise. Today, I am going to start you off with nutrition.

The simplest way to put this number one nutrition tip is this; EAT CLEAN. You should eat foods that you could've eaten if

you were a caveman back in the day. Foods that were available then like whole grains, fruits, vegetables and lean meats. These are FAR healthier than the food that come in boxes with 20 different ingredients, 18 of which you can't even pronounce!!

Even though you will not be restricting the quantity of food, many people find that they still lose weight. This is because the quality of food is so much better. Within reason, food quality is much more important than food quantity. This is why eating clean is the first step!! By eating clean, many people lose extra water weight that they have been carrying around from eating process foods, that's not only laden with sodium but is also full of artificial ingredients. Natural foods are generally low in salt and high in potassium. This is great for both health and cosmetic reasons.

FACT!

When it comes to fat loss, most people think consuming less fat will get them results. The correct way is to reduce your Carbohydrate intake and consume healthier Fats (nuts, oils and avocado etc). This will utilise Fats as your prime energy source, therefore burn more of it.

So there you have it! Step one; EAT CLEAN complete!

Next time I will be sharing tips on resistance training and why this is essential for building muscle and weight loss!!

Rob Horslen

"You must begin to think of yourself as becoming the person you want to be." -David Viscott

Rob is offering one lucky reader 5 personal fitness training sessions free! To take advantage of this fantastic opportunity send Rob an email at robhorslen2@hotmail.co.uk stating where in Hertfordshire you live and why you feel you should win this fabulous offer.

Latest News From Natural Flair

I am excited to announce that I have recently linked up with Parenting UK's Parent Channel TV to offer more on line resources and support via my [website](#), where I am able to offer the opportunity to view short video clips packed with expert advice on raising children. It's a great resource for parents and professionals alike.

As a result of recent feedback and evaluations from you I am also pleased to tell you that our very successful "Managing Anger In The Family" course has been improved and extended to 5 weeks - I am also in the process of having a dedicated area on my website for anger management filled with tips and resources to help your family in their journey around managing anger. So thank you for your feedback and check the website soon to see this exciting development.

It's always great to hear from my clients both past and current so continue to keep in touch – let me know your thoughts on the newsletter and areas you'd like me to cover in the future. I also love hearing about the impact that attending/participating in any coaching packages or workshops has made in your lives, so keep sending them in they are a real inspiration to read.

And so until next time, with very warm wishes

Sharon x

Be inspired. Contact me now for your free no obligation 20 minute telephone coaching consultation:

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or call 01992 446051 / 07946 618225



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