



WINTER NEWSLETTER



Wellbeing Solutions For Today's Living

Wendy Palmer-Grove @ coachgenie.uk



Our winter newsletter is sent to you with **very warm wishes for this festive season!**

2019 has been jam packed! ...New programmes, retreats, talks, new partnerships and workshops...

It has been a pleasure to work throughout the year with such a great bunch of people and organisations, from military personnel through to Children Centre Parent groups, Women's Refuge staff, front-line trauma teams to young adults living with life long conditions. When we see such positive wellbeing outcomes and 'self-management' we know we're on the right tracks.

This year we launched a new eight-week group Wellbeing Programme into organisations and for individuals through 1-1 session, which has been very well received. Feedback has been valuable to our service monitoring so please keep it coming.



Our eight week programme is accredited by The British Psychological Society and recommended by NICE

"Wendy's mindfulness programme and guidance has definitely helped me become more at ease with my inner self and press "re-set". Professional, relaxed and above all easy to talk to, she's introduced me to mindfulness and a range of techniques for different situations I can and do use to manage personal challenges and keep anxiety in its place"

During October we were delighted to be asked to talk at the **DRWF** Wellbeing Day- Mindfulness and how it can support stress and burnout for those living with diabetes. We will continue to support the amazing work of this charity during 2020.

Are you exploring wellbeing solutions for yourself, your organisation or group ? Contact us at hello@coachgenie.uk and find out how we can work with you in 2020?

Retreats...From Warwickshire to Southern France and beyond!

Our Retreats are evolving... 'Wellbeing Through Nature' in France leapt off to a flying start in Spring and we returned in the Autumn for another memorable stay. The lovely testimonials were a credit to the hard work that goes on behind the scenes **#teamwork**

"Have been on the most amazing Wellbeing Retreat organised by Wendy Palmer-Grove at coachgenie.uk. Gorgeous accommodation, feel very chilled... Mindfulness, meditation and Qigong...fantastic food & brilliant company. Very well organised..."

"Time to gather my thoughts & off-load my mental baggage...revitalised my mind and tired body...feel motivated and clear thinking to start making realistic changes following my coaching session"

Our 'Wellbeing Through Nature' projects & Retreats have grown!

We have a passion for the great outdoors. Proven research for mental wellbeing underpins the benefits of being outside in green spaces.

Ask us about our walks, talks & published articles



NEW 2020 Retreat-Lakeside in Southern Portugal

For Sept 2020 we have designed our Wellbeing Through Nature retreat in Southern Portugal. We are excited to share this wonderful, tranquil location with you. Our 'Quinta' boasts 'green credentials', lovely home-cooked food and of course our Wellbeing package of activities can be enjoyed in this very spacious and wonderful natural space...from Tai Chi, Mindfulness Yoga through to Wellbeing Coaching and nature walks. Swimming, canoeing, paddle-boarding...Relax, Restore, Recharge!

Our retreats are run in partnership with tour experts [Experience Nature Tours...](#) Interested? Ask hello@coachgenie.uk for more information

...And finally as we slide into this busy time of the year we know that winter can be a

difficult season for many... feelings of low mood, winter blues, stress...so what can we do to maintain our mental wellbeing until Spring arrives?



- Get outside - wrap up and enjoy natural spaces . There are many health benefits to winter walks...they can boost the immune system, loosen joints, strengthen the body and calm the mind. A duvet day is great to unwind and

switch-off, but withdrawing in winter makes mind and body sluggish and stiff!

- Good To Talk- sharing a laugh or a problem with others is a wellbeing tonic, so plan a few social events over the next few months to prevent isolation during the winter.
- Feel Good Factor-Plan time for those things that make you happy or lift the spirits. It might simply be a bubble bath, trip to the cinema, reading a book...whatever it is plan them AND DO THEM!

New in Warwickshire

10th January our Friday Afternoon Retreat launches at the beautiful Salveo Studios on the outskirts of Henley in Arden.

Time to...

Relieve the body and mind from stress, untangle thoughts, restore and recharge, build resilience.

Booking is essential-small groups.
contact hello@coachgenie.uk
Tel: 07763 632176

New Workshop for 2020

'Think what you Eat ' Half day workshop

Understanding what makes you tick with regards to eating... improving mental and physical wellbeing.

Small group experience

Contact hello@coachgenie.uk to register your interest