



The Bird's Eye View

Dear Friend(s),

This month's E-Letter includes...

- Spring Into The Outdoors
- Writing Links
- Upcoming Events: Baby On The Way, Maternity Leave, New Friday Schedule
- Staying Connected
- How to Subscribe/Unsubscribe



SPRING INTO THE OUTDOORS

Spring begins early in certain parts of northern California. One of my batches of yellow daffodils is already in full bloom. What hints that spring is coming are showing up in your hometown?

This spring season can be a time of inspiration and renewal. Have you ever noticed yourself feeling bright and energized on that first true spring day? The spring sun calls us to move outside, breathe fresh air, step beyond our indoor living and into the outdoors.

Spring is an invitation to get outside and get moving— to nurture our body, mind and soul. It whispers and shouts, “What are you waiting for?”

“Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul.” ~ *John Muir*

Continue reading this article at www.abalancedlifemag.com/index/mar07-recreation



WRITING LINKS

Did you know you can access my columns and E-letters through the BlueWater Coaching website? Wondering whether you've missed out on something? Stay in the loop anytime by going directly to www.bluewatercoaching.net/writing.html or by visiting my home page at www.bluewatercoaching.net and clicking on the “Writing” link.



UPCOMING EVENTS

Baby On The Way – My husband and I are expecting our first baby this May. This will surely be an “Event” in our lives! We are thankful to our family & friends for all of your wonderful support.

Maternity Leave - My maternity leave will begin April 12th and I foresee returning to work as early as July or as late as September. You will receive a BlueWater Coaching announcement this July with the updated details of my plans.

New Friday Schedule - Upon my return to work, I will offer by-phone and in-person coaching one day per week, on Fridays. From my experience, this is a unique offering, as many coaches take Fridays off. Friday can be a wonderful day for play, reflection and self-nurturance, and I look forward to supporting my clients on this special day. *(A note to my coaching colleagues: I'm excited to add the niche of “Friday coach” and to begin sending you more weekday referrals. All Friday referrals you send my way will be graciously received!)*



STAYING CONNECTED

Though I won't be checking e-mails as frequently during my leave, you are welcome to e-mail me anytime. I look forward to sending you a July update and to staying in touch. Wishing everyone a bright Spring and playful Summer...

Thank you for subscribing to BlueWater Coaching's bi-annual E-Letter! Next issue will come out in Fall 2007.



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