



## **EP 69: Could a chat in a café change the course of your fertility journey?**

This is the Fertile Mindset Podcast, where we explore all the emotional aspects of fertility to support you on your path to parenthood. My name is Sarah Holland. I'm the Fertile Mindset coach and a mother to two children after my own fertility challenges. I hope you find all the support and inspiration you need within this podcast, to carry you forward on your fertility journey towards your own successful outcome. It's also my wish that through listening to these episodes, you rediscover how to enjoy life now and live it to the full while you wait for your baby.

Now let's begin today's episode.

Hello and welcome back to the Fertile Mindset Podcast, and if you're listening for the very first time, then welcome for the very first time! It's my intention with this podcast, and all the support I offer at Fertile Mindset, that you have a space to explore and acknowledge the whole emotional side of your fertility. That you feel heard and understood, and that you can also access the support you need to help you through the parts of your fertility journey that feel stressful and overwhelming.

And I know that at times, the stress and overwhelm can seem like all that you are feeling, and that's tough. It's tough when fertility seems to take over every aspect of your life, and you know there is more that you want to be doing, that you want to be feeling, and that it doesn't feel good to be constantly focusing on all things fertility and being immersed in the heavy emotions of it all. And that's why I am here, it's why this podcast exists.

I want, first and foremost for you to know that you are not alone, and also to know that however stressed you are feeling, however sad and angry and whatever emotions you are feeling, you are normal. You are having an understandable and normal reaction to an exceptionally tough situation. But that doesn't mean you have to feel that way all the time. With the right support, with your own acknowledgement and acceptance of how you feel, and then being open to taking care of the emotional side of your fertility, you can and will feel so much better. And that's what I want for you.

You deserve to feel better, to feel calm, to feel happy, as you wait for your baby. And today I have a new, easy way to bring support and emotional self-care into your fertility journey, and that is by coming over to the Fertile Mindset Café, which is a newly created group on Facebook. It's completely free of charge and it's open to you if you're on any kind of fertility journey, any kind of path to parenthood.

I have created it as a space where you can drop in, you can take a seat, you can have a virtual tea or coffee with us, or a real one if you make it and bring it with you as you take part in the group! And there you can plug in to support and solutions to fertility stress.

It's a completely private group, where only me and the other members of the group can see what you post in there, and they are also the only ones who can even see that you're in the group. And it's a carefully protected group, where only other people who are also on a fertility journey are allowed in. So you know you are in a space that is private and exclusively for you and others like you, who can also understand and empathise with each other. I'll put the link to the Fertile Mindset Café in the show notes, do come over and join us. Or you can find it at <https://www.facebook.com/groups/thefertilemindsetcafe> or just search Fertile Mindset Café on Facebook and you will find us.

Now, I want to share a little about why I chose the name and the idea of meeting in a virtual café, and why it's so much needed when you're on a fertility journey. But first I'll let you know what you can find there.

OK, so when you get to the group and click the button to join, you'll see that you're asked a couple of questions. The first one is to check that you are in fact on a fertility journey yourself and is to keep the group secure and supportive, so please do answer that question or we sadly won't be able to let you in.

Now once you are in, myself or Heather or Jan will warmly welcome you into the group so look out for your welcome post! We'd also love to get to know you too, so feel free to share a little about yourself on that post too.

The group has a section called Guides, which you can find in the menu once you're in there, and in the Guides, there is a very short welcome video to watch, and also some free resources to help you feel less stressed and more calm on your fertility journey. Don't worry if you're new to the idea of support, or the technique that I use called EFT or Tapping. Everything you need to get started is there for you.

And then there is the community and chat part of the Café where you can post for support, if you have questions, or you want to give support and inspiration to others. You'll also see regular posts and videos from me that you are welcome to watch and interact with as much as you wish.

I have some exciting plans coming up for the Fertile Mindset Café too, so join today and then keep in touch with us to be the first to know when they happen.

So, why did I choose to call this new free group the Fertile Mindset Café? Well, firstly I love the idea that you may drop by the group as you would a café. Taking a seat, enjoying a cup of tea or coffee or whatever your favourite drink is, and chatting to supportive friends. I was brought up in a café, as my mum had her own café for a big part of my childhood. In fact, waitressing at the café was my very first job. And although it was – and still is – some of the hardest work I've ever done, and at the end of a long Saturday on my feet would be so painful, I also really loved working there. In a café you really get to know people. We would see our regular customers come in, go to their usual table, order their usual food and drink, and use that time however they needed to. Some would meet up with the same friends, chatting and catching up over several coffees. And others would come in, read a book or chat to

us. We had one family who we nicknamed “the holiday brochure family” who as soon as they sat down each week would cover their table in open holiday brochures, researching and planning their next trip. Occasionally they would miss a Saturday of course when they were actually on holiday, and they all seemed to have permanent sun tans whatever the season!

We would get to know many of our customers, hear about their happy times and sad times, their losses and grief. We loved our café customers and now, more than 20 years since the café closed, we still remember them fondly.

And as well as working in a café, I love visiting cafes myself to either carve out some time for myself, or to meet up with friends. There is something very special about the meetups that happen at a café, when you say to a friend – or they say to you – “shall we grab a coffee together?”.

The conversations that happen over coffee are special to me. You have made time for each other, you are each other’s sole focus, and who knows what will come out of that time together!

A few years back I was working in London for the day, and a friend suggested that we grabbed a cup of tea together on her break from work. We found a quiet table in her work’s canteen and had a chat that lasted no more than 30 minutes but changed the course of her life.

This friend knew that I worked in the world of fertility and wanted to tell me that she was struggling to have a baby and was just about ready to give up. She wasn’t asking for solutions or help. She just needed someone to talk to and share this big part of her life with, that she was keeping hidden from everyone else. I asked her to tell me more about what her fertility issues had been, and what had happened so far in the years that she had been trying to conceive. As she talked and shared, I assured her that she wasn’t alone in how she was feeling. And also, that the problems she had with her fertility weren’t necessarily ones that would stop her conceiving if she did wish to continue. I signposted her to a few possible solutions and people that may be able to help her if she wished to carry on trying for a baby.

We hugged goodbye and she looked calmer for having had an honest chat with someone who understood. And then a few months later she got in touch again, and told me that the conversation we had, had changed everything. She felt motivated and hopeful and went away and did her research and did find solutions to help her conceive. She was contacting me to tell me she was pregnant and to thank me for that short conversation, over a cup of tea, that changed everything for her.

Now, I didn’t do much other than listen, and offer some ideas. Everything was then down to her. But what a difference it can make to take a little bit of time to connect with others, to share your story, and to be open to all potential and possibilities. Because this experience of having fertility issues is a complex one, we don’t always know what direction it will take us or where we will find our solutions, so I wanted to bring a little of that café magic and potential in your life.

Yes, I’d love it if we could sit down in a real café with a real cup of tea and hopefully a real delicious slice of cake too! And this is something I have done in the past, and I’m planning to do again soon, for the Fertile Mindset community and the members of my Fertile Mindset Sanctuary membership. We’ve had some lovely real-life meetups

in cafes, and we will again, and also, we will meet in our virtual café – the Fertile Mindset Café, so do come over to join us now. You can click the link in the show notes, find us at <https://www.facebook.com/groups/thefertilemindsetcafe> or just search Fertile Mindset Café on Facebook and click through there. We're waiting to welcome you and sit down for a chat over a cuppa.

The other news today is that my other place for support, on a deeper fully supported level, the Fertile Mindset Sanctuary membership is now open to new members permanently! That's right – there will be no more opening and closing the doors to the Sanctuary, we are open every day for new members to join us in our very special membership. So, if you are looking for the ultimate in support for yourself on your fertility journey, the best time to join the Fertile Mindset Sanctuary is today! I don't want you to spend another moment without the support you need and deserve. So, whether it's the free support of the Fertile Mindset Café you step into, or the low-cost monthly membership, the Netflix version Fertile Mindset support in the Sanctuary, you are very welcome to join! The Sanctuary link is also in the show notes, and can be found at <https://www.fertilemindset.com/sanctuary>

Ok, so that's it for this week – my big announcement and grand opening of the Fertile Mindset Café and reopening of the Sanctuary too. I've been having a big re-fresh of all the support I offer at Fertile Mindset and have lots more coming soon, and if you're in either or both of those groups you will be the first to know. Also do keep listening to the podcast for news too of course!

I wish you a beautiful week, whatever is currently happening for you, and I hope you have your moments of calm, of relaxation and time that is just for you. Sending you lots of love and I'll see you again next time on the Fertile Mindset Podcast.

I'm so pleased you're listening to the Fertile Mindset podcast, and now I would love to invite you to join us in the Fertile Mindset Sanctuary. The Sanctuary is my fertility support membership which is focused on taking care of you and helping you enjoy life while you wait for your baby. In the Sanctuary I'll guide you through using an amazing technique called EFT or Tapping, and you'll soon be feeling less stressed and more joyful! If you're not already in the Sanctuary, do come and join us today, because the best time to start receiving support on your fertility journey is always right now. Honestly, it makes such a difference to have good quality emotional support and techniques that you can pick up and use yourself whenever you need them.

Go to [www.fertilemindset.com/sanctuary](http://www.fertilemindset.com/sanctuary) to join us today. I look forward to hopefully seeing you there, and at the next episode of the Fertile Mindset Podcast!