

JULY NEWSLETTER

Welcome to our July Newsletter!

As the winter chill continues to settle in, it's easy to want to hibernate and slow down but even in the colder months, we have the power to show up, and keep moving forward. This month, let's be kind to ourselves, keep showing up in small ways, and continue doing our best even on the very cold days.



LITTLE WAYS TO STAY ENERGISED AT WORK

1. Set small, achievable goals: Break big tasks into bite-sized chunks. Ticking off a to-do (even a small one) can help beat that winter sluggishness.

2. Let in the light: Natural light boosts mood and energy. Try working near a window or take a quick walk during lunch.

3. Fuel your body: Comfort food is tempting, but balance it with energy-boosting snacks like fruit, nuts, or a hearty soup for lunch.

4. Stay connected.

Reach out to a colleague, join a virtual coffee, or share a moment of kindness, it warms more than just your hands.

**COFFEE IS NOT THE
ONLY ANSWER ;)**



MANDELA DAY!



Every year on 18 July, we're invited to dedicate 67 minutes of our time to serve others, one minute for each year Nelson Mandela devoted to fighting for justice, equality, and humanity.

This Mandela Day, let's remember:

"There can be no greater gift than that of giving one's time and energy to help others." – Nelson Mandela



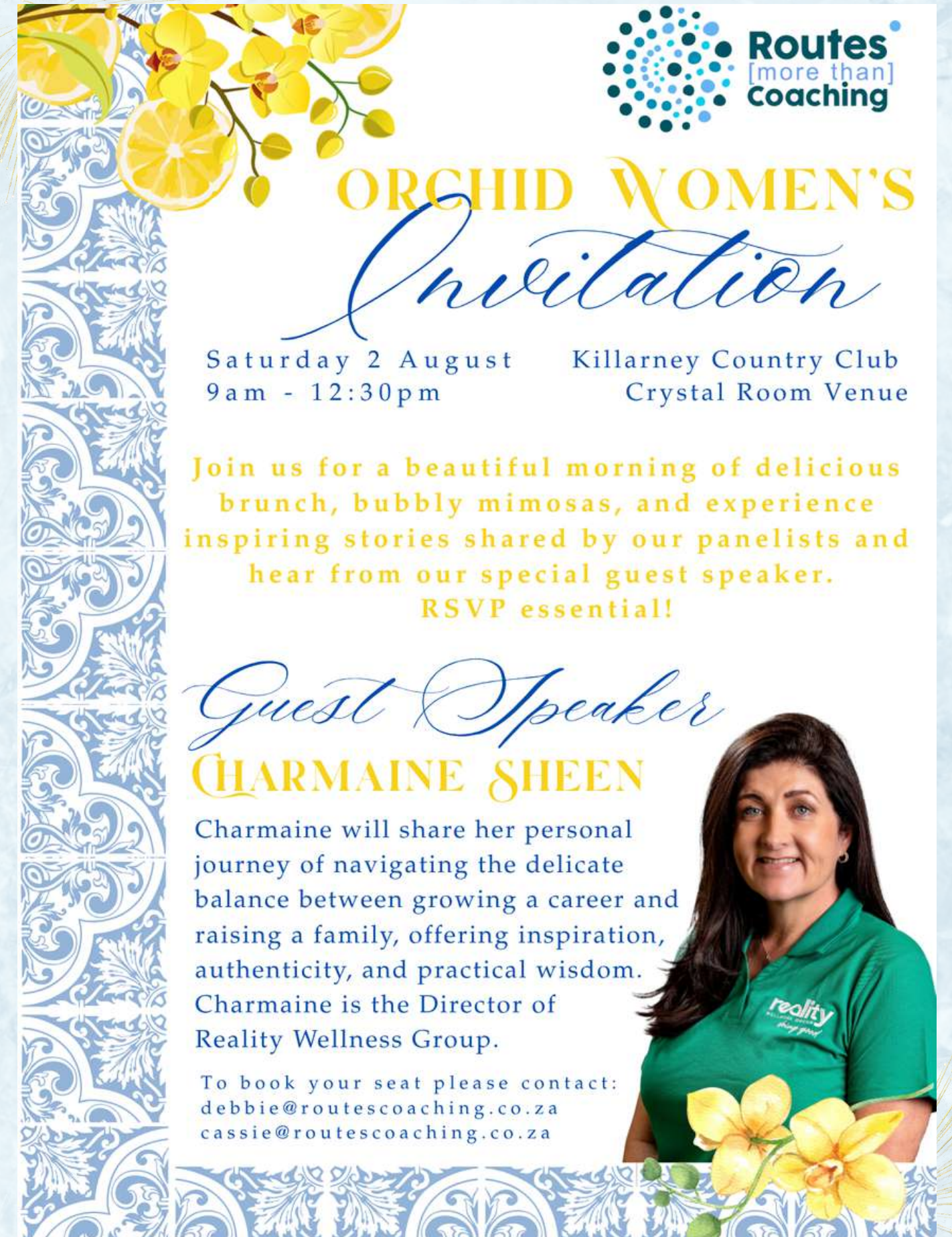
UPCOMING EVENT

Save the Date: Our Annual Orchid Women's Event is back for another year!

Mark your calendars! On Saturday 2nd August 2025, we're hosting our much-loved Orchid Women's Event. A celebration brunch filled with mimosas, laughs, real conversations, and a powerful theme: "Having What Matters Most". Shifting the narrative from "having it all" to truly owning what's meaningful in our lives, careers, and identities.

RSVP: Email us for the link

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The graphic is a vertical invitation card with a decorative border on the left side featuring a blue and white floral pattern. The top left corner has a cluster of yellow lemons and orchids. The top right corner features the 'Routes [more than] Coaching' logo, which consists of a blue circular pattern of dots next to the text 'Routes [more than] Coaching'. The main title 'ORCHID WOMEN'S' is in a bold, yellow, sans-serif font, followed by 'Invitation' in a large, elegant, blue cursive script. Below this, the event details are listed: 'Saturday 2 August' and '9am - 12:30pm' on the left, and 'Killarney Country Club' and 'Crystal Room Venue' on the right. A paragraph of text in yellow and blue describes the event as a beautiful morning of delicious brunch, bubbly mimosas, and inspiring stories. It mentions 'RSVP essential!'. Below this, the 'Guest Speaker' section features the name 'CHARMAINE SHEEN' in a bold, yellow, sans-serif font. To the right of her name is a photograph of Charmaine Sheen, a woman with long dark hair wearing a green polo shirt with a 'reality' logo. To the left of her name, a paragraph describes her as the Director of Reality Wellness Group and mentions her personal journey. At the bottom, contact information is provided: 'To book your seat please contact: debbie@routescoaching.co.za' and 'cassie@routescoaching.co.za'. The bottom right corner features a cluster of yellow orchids.

WE WANT TO HEAR FROM YOU

Your voice matters. If you've engaged with us in coaching, we'd love to hear your feedback—what's landed, what's shifted, and how we can keep growing together. It is completely anonymous so we would appreciate honest and constructive feedback. :)

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An orange speech bubble with a black outline and a striped tail. Inside the bubble, the text 'WE WANT YOUR FEEDBACK!' is written in a bold, black, sans-serif font with a white outline. The bubble is positioned in the upper right area of the image.

**WE WANT YOUR
FEEDBACK!**

A blue rounded rectangle with a black outline. Inside, the text 'Click here to complete our short feedback form!' is written in a bold, blue, sans-serif font. A blue arrow points from the right side of the rectangle towards the bottom right corner of the image.

**Click here to complete our
short feedback form!**

GET IN TOUCH WITH US:

Protect your mindset. Remind yourself: you don't need to do it all perfectly, you just need to keep showing up. And that's more than enough.

Book your sessions now:

DEBBIE WHEAL

debbie@routescoaching.co.za

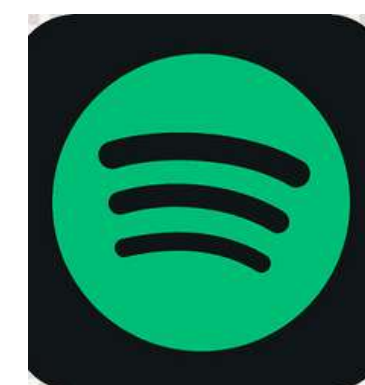
CASSIE QUITERRES

cassie@routescoaching.co.za

Please note: Cassie will be on leave on 13th Aug and will return 4th Sep in office.

Tune in to our latest podcast episode.

Click below!



Also available on our website