

JUNE NEWSLETTER

Welcome to our June Newsletter!

Celebrating Pride, Men's Mental Health & Looking Ahead. We're taking a moment to pause, reflect and connect because this month carries powerful meaning in the world of mental health and identity. It's a time to honour diversity, raise awareness, and hold space for the experiences that shape us.

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Being a healthy man isn't about suppressing your emotions. It's about having the strength to express them.

-Matt Haig

MEN'S MENTAL HEALTH AWARENESS



We're shining a light on Men's Mental Health Awareness Month. Mental wellness affects everyone, and men too often carry the burden of stigma in silence. Whether it's learning to speak up, asking for help, or simply checking in with ourselves and others, mental strength includes vulnerability. Let's keep breaking the stigma by reminding the men in our lives that asking for help is a sign of courage, not weakness.

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PRIDE AWARENESS MONTH



June is Pride Month, a time to honour and uplift the LGBTQIA+ community. At Routes Coaching, we stand for inclusion, identity, and authenticity. Mental health is not one-size-fits-all, and we continue to hold space for individuals to show up as they are, proudly and safely. Let's keep learning, listening, and leading with compassion.

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LOOKING AHEAD

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 HERE! 

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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. :)

Click here to complete our
short feedback form!



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Your
feedback
matters!



GET IN TOUCH WITH US:



Let's keep showing up, speaking up, and lifting one another, one meaningful conversation at a time.

Book your sessions now:

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