



connect in

Songs for Wellbeing & Growth

Music is a wonderful way to Connect In, power up and grow!

There are 100s of songs that I could list but here is a few of my favourites:

1. Home again - Michael Kiwanuka
2. Desperation - Judith Hill
3. Just fine - Desiree Dawson
4. Sending you light - Melanie DeMore
5. This is me - Keala Settle & the Greatest Showman Ensemble
6. A million dreams - Ziv Zaifman, Hugh Jackman, Michelle Williams
7. Come alive – Hugh Jackman & the Greatest Showman Ensemble
8. True Colors - Cyndi Lauper
9. Unwritten - Natasha Bedingfield
10. Sorrow - Sleeping at last
11. Body - Sleeping at last
12. We shall be known - MaMuse
13. Shallow - lady Gaga & Bradley Cooper
14. Maybe it's time – Bradley Cooper
15. I shall be released – Traces Gospel Choir
16. Blackbird – Beatles
17. Higher love - Whitney Houston & Kygo
18. Lean on me - Bill Withers
19. Imagine - John Lennon
20. Breathe me - Sia
21. Wonder - Naughty boy featuring Emeli Sandé
22. Follow the sun - Xavier Rudd
23. Show some emotion - Joan Armatrading
24. Beautiful mess - Jason Mraz
25. Sanctuary - Carrie Newcomer

Do you have a song that sings Wellbeing & Growth to you?
I'd love to hear it, do share it with me and I can add it to this
community resource. charlie@connectin.me.uk

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How often as parents do, we end up listening to Disney & Pixar soundtracks from children's films?

But they are actually fabulous for both children & parents with hugely meaningful lyrics & messages that support our own wellbeing & growth too!

Let it go from Frozen was not only popular for children it spoke to many parent's desire to 'let go'.

Again, too many to include, here are my favourites:

1. Into the unknown – Idina Menzel (Frozen 2)
2. Speechless – Naomi Scott (Aladdin)
3. Dig a little deeper – Jenifer Lewis, The Pinnacle Gospel Choir (The Princess Frog)
4. Try everything – Shakira (Zootopia)
5. Touch the sky – Julie Fowlis (Brave)
6. Carried me with you – Brandi Carlile (Onward)
7. I see the light – Mandy Moore (Tangled)
8. Loyal Brave & True – Christina Aguilera (Mulan)
9. Reflection – Christina Aguilera (Mulan)
10. How far I'll Go – Aulii Cravalho (Moana)
11. Spirit – Beyonce (The Lion King)
12. Show yourself – Idina Menzel, Evan Rachel Wood (Frozen 2)



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A bit about me...

I'm Charlie, mum of two girls and a wellbeing & development coach specialising in support for parents.

I believe that becoming a parent is a deep invitation for us to pause, take stock and connect with what's deeply important to us so we can create what's truly important for us all going forward. And this invitation is being particularly felt by many parents right now in this pandemic.

Connect In's purpose is to help parents be well and grow.

I'm a qualified Integral and Generative coach. I hold a professional coaching credential with the International coaching federation (ICF). I am also a qualified NLP practitioner and hold a qualification for coaching with the Enneagram.

As a parent if your wellbeing has taken a knock in lockdown & you would like some support in getting back on track and returning to what's most important then get in touch with me charlie@connectin.me.uk Together we can take a temperature check of your wellbeing right now and I can share some offers of support. I look forward to hearing from you.

Take great care
Charlie x



Please get in touch with me charlie@connectin.me.uk
I'm happy to have a chat about how coaching could support you

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