



Ezine

Your New Life: Inspiration for
Personal and Professional Fulfilment

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Welcome to our December newsletter! It's lovely to have you with us at this special time of year.

Whether you're immersed in complicated negotiations at work, or inundated with Christmas cards to write and presents to wrap (probably both!), I can safely assume you are very busy indeed! Let me invite you to take some relaxing time out to enjoy this newsletter, have a cup of tea or hot chocolate, and reflect on what you've learned and achieved this year, and what your dreams are for 2011.

Hope you enjoy this month's article on "[Angels Are For Life...\(Not Just For Christmas\)](#)," inspired by the season and my favourite film, "It's A Wonderful Life."

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This month has seen me working with some wonderful new coaching clients as well as my fantastic existing clients, writing my book, interviewed on the radio and by another journalist for a New Year article. I've also been invited to write a piece for [Chief Executive Website](#) on how to create successful professional change during challenging times. And I'm featured in a big article in a prestigious Sunday magazine in January.

I'm delighted to be preparing my exciting new [Platinum Programme](#) for the New Year, which includes group retreats in Capri and Dublin, an individual Vision Day and one-on-one coaching, as well as inspiring group coaching and masterminding. The group is beginning to form, with participants so far from the UK and USA, and interest from Italy, Canada, and Indonesia. Everyone is buzzing about the opportunity to create a mastermind community with other like-minded professionals interested in development and creative growth, as it can be quite isolating

working within the confines of your own company and industry.

As always, let me know your feedback and questions, and do forward this newsletter to any friends or colleagues who might benefit.

Wishing you a magical Christmas and a very wonderful New Year!

Nicola

2011 Platinum Coaching Programme

Do you have big plans for 2011? Where would you like to be personally and professionally by this time next year? What exciting adventures and breakthroughs do you have in mind?

Join us for our innovative, exciting new Platinum Programme launching in the New Year.

Combining group retreats to Capri and Dublin in the spring and autumn, with an individual Vision Day, individual coaching, and inspiring group coaching and masterminding, the Platinum Programme is perfect for professionals who are ambitious for themselves personally and professionally, and who want to be in a connected, inspiring, mastermind community of like-minded dynamic individuals.



The group is now beginning to form, with participants so far from the UK and USA, and interest from Italy, Canada, and Indonesia. The calibre of the individuals who have joined so far is impressive, and exactly reflects the standard and energy in my vision for the group. We have several places remaining. Is one of them yours?

Our group coaching sessions will focus on topics like authentic leadership, creating charismatic communication skills, team building, creating inspiring work/life balance, getting happy, raising your energy, conflict management. Participants can also request topics of particular interest to them. Our individual Vision Days will focus on identifying your visions and bringing them to life!

To learn more about the Platinum Programme, please click [here](#). The group is invitation only and so if you're interested, please contact me and we'll explore it over a chat to see if it's a good fit. To express interest and provisionally reserve your place, please contact [Nicola](#).

P.S. Please add nicola@la-vita-nuova.com to your whitelist or address book in your email programme so you have no problems receiving future issues.

"Angels Are For Life (Not Just For Christmas)"

"We shall find peace. We shall hear angels. We shall see the sky sparkling with diamonds." Chekhov



Angels and Christmas just go together. Botticelli-like angels light up the room on Christmas cards on mantelpieces everywhere. Think of the words in Christmas carols: "glory shone around," calm, bright, peace, light, shine. Whether we focus on angels as guardians, heavenly messengers and intermediaries, or simply as inspiring symbols of qualities we aspire to, we are most likely to see them at Christmas time.

Angels are a symbol of light, radiating light with their haloes and general glowiness. And Christmas, of course, is a celebration of light in its pagan roots, arriving in the very darkest, shortest days of the year to give everyone hope that light, the sun, and renewed life will return....light in darkness. Maybe that's another reason why we associate angels with Christmas, as the quintessential

symbol of light and hope.



It's no surprise that the Frank Capra Christmas film classic, "It's A Wonderful Life," (incidentally one of my all-time favourite films) features an angel, actually an angel in training called Clarence. Clarence is sent to earth to rescue George

Bailey, played by Jimmy Stewart, who initially responds sceptically: "Well, you look about the kind of angel I'd get. Sort of a fallen angel, aren't you? What happened to your wings?" Despite his initial doubt, "Well come on Gabriel," as George initially addresses Clarence, the angel in training succeeds with his mission and gets his wings, reminding the initially suicidal George that it is indeed a wonderful life.

I have to tell you that I have believed in angels (yes, actually believed!) for as long as I can remember. They have always felt real to me and angelology (the study of angels) is one of my favourite reading topics. My son, when he was very little, told me once quite matter-of-factly that he had three angels who looked after him, who were called Gracious, Hallelujah, and Clair. Talk about unforgettable! And there have been a couple of experiences in my life when I felt, maybe even saw, the presence of angels... but that's another story.

Whatever your own beliefs, I believe that angels are an incredibly powerful and beautiful symbol of human light and potential for good. In "It's A Wonderful Life," we see an angel who looks like a human being, and mythology is full of angels appearing to us cleverly disguised as humans.

If someone is particularly wonderful to us, we might call them an angel. Like Clarence appearing as George is just about to throw himself off a bridge, we can transform everything for someone else with one action or with our intervention or words. Why not be open to the possibility of seeing angels in others, cultivating peace and stillness in yourself so that you are able to perceive and respond?

Even more radically, I invite you to consider the angel inside yourself, the you you have the potential to liberate when you are at your absolute best. Michelangelo (think of his name!) wrote this about sculpting David: "I saw the angel in the marble and carved until I set him free." In a sense, we are all in the dark at



times and need to turn on our own light, connect and reconnect to the angel who resides in us.



My coaching line is "**Shine! Illuminate Your Life.**" I am inspired every day by what and who we are each capable of being ourselves and to each other. It's about faith, fundamentally, that even when we may feel in the darkness, the light is there, that even though we may not always live up to our own expectations of ourselves, we have the potential to be wonderful and to live a wonderful life (light). Saint Augustine wrote that "Faith is to believe what we do not see; and the reward of this faith is to see what we believe."

There's an old saying...."angels fly because they take themselves lightly." I never really understood it before but it clicked today....angels fly because they take themselves light-ly, by the way of light.

Although angels draw especially close to us at Christmas, ultimately, we are all, like Clarence, angels-in-training, and angels are there as beautiful symbols to remind us of our potential for wonder, there for life (and light) and not just at Christmas.

UPDATE on what Nicola is doing

* Interviewed for The Hannah Murray Show on Radio Europe in November

* Invited to write an article "[How To Navigate Uncertain Times \(And Emerge Stronger\): 7 Steps To Make Change Work For You](#)" for the CEO website

* Preparing my exciting new [Platinum Programme](#)

* Writing Chapter 2 of my new book!

* Working with some wonderful new personal and professional coaching clients

* Attending my son's Christmas concert at the Bath Cats and Dogs Home! Very fun, including singing "The 12 Doggy Days of Christmas", with all the invited dogs joining in the chorus.

* My son's Prior Park College Junior Choir new single, "Christmas In My Heart," is now available on iTunes, and all proceeds go to Help for Heroes

* Christmas shopping, dinner at J. Sheekeys (one of my favourite restaurants -- I just love the gallery of old black and white photos of actors) and then theatre. Very fun!

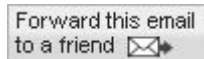
- * Enjoying Christmas Market in Bath Theatre Royal
- * Looking forward to a pre-Christmas family trip to Disneyland Paris!
- * Enjoying getting more active on Twitter. Why not follow me and join in the conversation?



ABOUT NICOLA & LA VITA NUOVA

Dr. Nicola Bunting is a top international personal and professional coach, one of only 1% of coaches in the world to have attained the Master Certified Coach credential from the ICF (International Coach Federation). Nicola's company, La Vita Nuova (the New Life!) Personal and Professional Coaching, is devoted to expert bespoke executive and life coaching for successful and ambitious professionals (in Europe and the USA) who want to dramatically accelerate their success and fulfilment. With individual, group, and corporate coaching programmes on offer, La Vita Nuova can create a coaching plan to help you design and create an extraordinary life and work.

You can learn more at www.la-vita-nuova.com



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