



## Your New Life: Inspiration for Personal and Professional Fulfillment

September, 2008

### In This Issue

1. [UNCOVER your "Buried Life." A look at Matthew Arnold's soulful poem, "The Buried Lie," and what it tells us about shining a light on our most authentic self.](#)
2. [LISTEN to the "Last Lecture," by dying forty-seven year-old Carnegie Mellon professor, Dr. Randy Pausch. "Living Your Childhood Dreams and Enabling Those of Others." Dr Pausch's literal last lecture in the "Last Lecture" series is simultaneously funny, joyful, focusing, and endlessly thought-provoking.](#)
3. [JOIN our Group Coaching Programme starting in January. An opportunity to get coaching, inspiration, and structure to move forward to your dream destinations in life and work in 2009, with the support and fellowship of a like-minded group.](#)
4. [UPDATE on what Nicola is doing in September](#)

Welcome to the first issue of my newsletter! It's designed for successful professionals who want to discover the secrets of a brilliantly fulfilling personal and professional life.

I hope you'll find something inspiring, thought-provoking or useful in every issue.

As some of you may know, in my previous (pre-coaching!) life, I was a university professor of English literature. While coaching is my calling, I often miss the wisdom and inspiration in literature and miss sharing it with others. And so in each newsletter, I'm going to reflect on how one of my favourite pieces of literature illuminates our lives and work. This month, it's one of my favourite poems of all time, "The Buried Life" by Victorian poet Matthew Arnold.

Every month I will also share a recent discovery of mine with you, something I'm excited about that I think you will enjoy too. This time it's a link to a YouTube recording of Dr. Randy Pausch's "Last Lecture." Dr. Pausch was a professor at Carnegie-Mellon University who died this summer in his forties. He gave what was to be his real last lecture in the "Last Lecture" series at his university last year. It's about making your childhood dreams come true and enabling the dreams of others. It's incredibly joyful, clear, funny, and focusing, one of the most striking and memorable, truly inspiring, talks I've ever listened to. Watch out for the appearance of Disney imagineers! The talk is just over an hour long and so choose a quiet time to watch it when you can do it justice. And I would love to hear your reflections.

Finally I want to invite you to join or recommend a friend to my new Group Coaching Programme starting in January. I'm offering an information call where you can find out more about the programme on Thursday, November 6th at 8pm UK time (3 pm Eastern). Register here if you would like to join us [nicola@la-vita-nuova.com](mailto:nicola@la-vita-nuova.com) and I'll email you back with the call details. And if you know anyone who would benefit from individual coaching at the moment, I currently have one life coaching space (for telephone coaching), and two executive coaching spaces. I am happy to offer friends or colleagues of my newsletter subscribers a complimentary initial telephone coaching session to explore working together.





Let me know your reactions to La Vita Nuova's first monthly newsletter. I hope you enjoy it. And feel free to forward the newsletter to a friend if you would like to.

Wishing you a bright and fulfilling September!

With warm wishes,

Nicola

## "The Buried Life," by Matthew Arnold

<http://www.poemhunter.com/poem/buried-life-the/>

This poem articulates the profound truths of our heart and soul, that often, sadly, bear so little relation to the superficial happenings and conversations of our days. To me, just like the lecture, it invites us to be true to who we really are, to share our genuine self with those we love, even though it can be scary, thereby creating a bridge to the depth, soul, and beauty of our life.

Let's look at some lines in depth:

"Fate, which foresaw  
How frivolous a baby man would be-  
By what distractions he would be possess'd,  
How he would pour himself in every strife,  
And well-nigh change his own identity-  
That it might keep from his capricious play  
His genuine self".

These lines convey the self-destructive tendency to distract ourselves with trivia that fundamentally alienate us from our authenticity, showing "capricious play," vs "genuine self." What do our choices say about our intention and desires? Thinking back over the last twenty-four hours, how often have you expressed your real self in your conversations, actions, and thoughts?

And yet this kind of distracting, "capricious" play ultimately can't satisfy us. No matter how busy or noisy our environment, whether we're "in the world's most crowded streets" or surrounded by "din of strife" or ipods, tv, casual conversations, we have a desire that goes deeper and transcends: "there arises an unspeakable desire/After the knowledge of our buried life A longing to inquire/Into the mystery." At these moments we crave depth and soul, and long to understand who we are in our essence and what our life purpose is, what our true vocation might be. And it is unbelievably hard to get real contact and relationship with our real self, our "buried life," to make our thoughts and words and actions align with each other so we can have true authenticity and power. Love, Arnold writes, can help take us to this place of transcendence. When we can touch, see, and hear someone we love (notice how Arnold mentions all our senses in the poem), we can reconnect with ourselves, and our mind, body, heart, and soul can connect to help us see who we truly are and who we can be.

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## "The Last Lecture" by Randy Pausch: "Really Achieving Your Childhood Dreams."

[http://www.youtube.com/watch?v=ji5\\_MqicxSo](http://www.youtube.com/watch?v=ji5_MqicxSo)

This is one of the most striking and truly inspiring talks I've ever listened to. In his lecture, Dr. Pausch, a professor at Carnegie-Mellon, who died this year in his forties, shines a light on how we can join up our life, visions and values to inspire ourselves and others, and live a fun and fulfilled life on purpose as our unique, true, selves. Let me know your reflections and I'll share them in the next newsletter.

## Group Coaching Programme, starting in January

"Connect with your potential and illuminate your life" are the words in my email signature and express my thoughts about the purpose of coaching. Knowing who we are and the magical expanse and possibilities of our best self is one of the gifts coaching can bestow, though there are many other routes too, such as immersing yourself in literature, for example. For those of you who feel the need for some coaching inspiration in your life and/or work, but who don't feel individual coaching is right at this time, I have a new group coaching programme to offer you, starting in January, which offers many of the advantages of coaching at a much lower cost, with the added benefit of group support and community. Join us for an information call in November so you can explore whether or not group coaching is right for you. You can register for it here ([nicola@la-vita-nuova.com](mailto:nicola@la-vita-nuova.com)) and read more about it on my website (<http://www.la-vita-nuova.com/life-coaching-programs.htm>).

Chiva Som

## Update on what Nicola is doing in September

- exploring more executive coaching and training with several companies
- interviewing with the Press Association for an article to be featured in 80+ regional newspapers on how high-flyers can deal with unemployment and get re-engaged and energised
- preparing to teach "Questioning" for Coach U in October (I'm on their faculty)
- enjoying a spiritual retreat at Douai Abbey for MCC coaches in the UK



- looking forward to the ICF annual international conference in Montreal in November
- feeling the residual glow of my spa holiday to Chiva-Som in Thailand in August..six hours of exercise a day, including yoga by the sea, fun company, beautiful scenery, healthy and delicious food - I thoroughly recommend it!
- celebrating my birthday on September 20th with a party!

La Vita Nuova | 211 Piccadilly | London | W1J 9HF | United Kingdom