



# Ezine

Your New Life: Inspiration for Personal  
and Professional Fulfilment

June 2011

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Hello and welcome to my June newsletter,

I hope you're enjoying sunshine and strawberries, and champagne (or prosecco at least!) in the garden on these lovely long summer evenings. After last week's solstice, we're now slipping into that summer "lake isle of Innisfree" feeling like a silk robe

My Capri Platinum retreat took place last month and everyone loved it: "I thought it would be excellent, but it wildly exceeded all expectations" one member said, and another wrote to me that it was "beyond wonderful." You'll see some pics in the newsletter.

And I'm finishing my new book which now has a title: "Who Do You Want To Be? How To Embrace Change and Live Your Dream."

This month I'm writing about the Ouroboros symbol, [endings and beginnings](#). I'm also inviting you to attend an inspiring and celebratory [Vision Day](#) this summer at a very special offer for newsletter readers only.

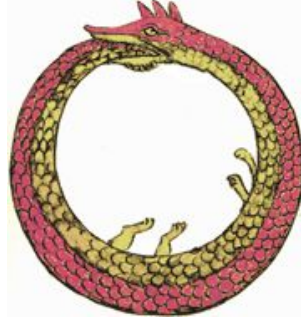
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Wishing you luminous summer evenings and serenity,

## Endings & Beginnings

*"Flow into the knowledge that what you are seeking  
Finishes often at the start, and, with ending, begins." Rilke*

The journey to change often starts with an ending and leads to a new beginning. As Rilke puts it in this quote, "what you are seeking finishes often at the start," rather like the ouroboros symbol of the serpent shape whose tail is in its mouth, who forms a perfect circle. Or as Frost says in his poem "Directive," you need to be "lost enough to find yourself."



Like the mythical phoenix, the ouroboros represents infinity or wholeness, something infinite that recreates itself. Jung also saw the ouroboros as a mandala symbol reflecting man's integration and assimilation of the shadow side. It's an alchemical symbol, showing a magically enriching individuation process leading us through change to a deeper, truer,

brighter and wiser new self and new life.

In "God Give Me Strength," Elvis Costello writes poignantly: "I'm lost in imagining./Everything that kind of love is worth/..as I tumble back down to the earth."

What does this mean if you're currently feeling a bit like Alice falling vertiginously down a mysterious rabbit-hole, feeling like it even hurts to breathe, in the process of change which feels scary, maybe even terrifying?



I think it means that if you are open to the insights and understandings created through change, if you are lost enough to find yourself, you can have faith that even the dark places can lead you somewhere luminous and beautiful. You can learn what your shadow side is trying to tell you, understand your values and your fears more clearly and move forward to a new wonderland in the real world you live in.

If you learn who you really are, who you really want to be, you can go on the journey of change towards a new beginning, a beginning which can create the life that you dream of in your happiest dreams. As T.S. Eliot puts it: "what we call the beginning is often the end. /And to make an end is to make a beginning. /The end is where we start from." Just like the ouroboros connects with itself to form a perfect circle, change can force you to connect with yourself so that you understand what you seek, what you choose to leave behind, and what you want to start in a new, more enlightened, connected, and inspired way.



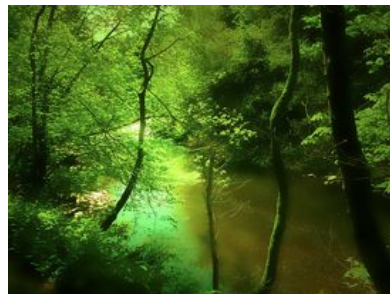
So if faced with change, don't panic. Instead try to flow and know that really you're moving towards your new beginning, a life that reflects your integrated best self, a life where you find yourself renewed, joyful, and on purpose.

## ***Vision Days - Special Offer***

***Will this be an unforgettable special summer for you?***

***The summer you create your life and work vision once and for all?***

***Do you want a turbo boost forwards, with intensive personal guidance and inspiration, focus and magic to step change you forwards personally and professionally?***



Then why not take advantage of my summer Vision Day offer, and join me for a day or half-day of intensive, results-oriented coaching in beautiful Bath?

I am offering a special opportunity to newsletter subscribers to have a Vision Day or half-day with me this summer for a specially discounted price.

There are only 5 places available.

In your Vision Day you will:

- Understand your personality, needs, and values and make sure your vision is right for the unique individual that you are
- Get an inspired, clear, focused picture/outline of your 10 year vision and your 5 year vision.
- Create your personalised Vision Statement to reflect your own unique vision
- Create a detailed 1 year plan to get you heading in the right direction to make your dream come true.



Apart from being practically sensational, your vision day will also be an inspiring, feel-good experience to get you going in the direction of your dreams.

It's ideal for current coaching clients who want a face-to-face turbo boost forwards, past clients who want an inspiring booster, or new clients who want to fast track their dreams.

Recent client comments on vision days:

*"Really need to share on the synchronicity front! Since our Vision Day it's been the most amazing month! I was a bit skeptical but am now a fully paid up believer! Can't wait to tell you what's been happening. I thought it would be great, but it has far exceeded my expectations."*

*"Thank you! It was a brilliant day!"*

*"What a wonderful day! I thoroughly enjoyed myself and feel great about where this is going. Thank you again."*

You can get through an incredible amount in one day.

Is this your summer to shine? Then reserve your own inspiring Vision Day now as I have limited availability:

Your investment: **normally £2000** (plus vat) for a Vision Day, the current **special offer is £1200** (plus vat) if booked before July 14th and held before the end of September

Half-days are **normally £1200** (plus vat), but are **reduced to £800** (plus vat) for the same time period. Contact Nicola on [nicola@la-vita-nuova.com](mailto:nicola@la-vita-nuova.com) or **0845 222 0258**.

## Capri Photos





## ***Update On What Nicola is Doing...***

- Capri Platinum retreat! Highlights were the workshops on our private terrace overlooking the sea, dinner in the lemon groves, lunch by the sea, and all the conversations. It was sensational.
- Interviewed by Financial Times on style at work.
- Interviewed by national women's magazine for article on beating procrastination!
- Finishing my book: "Who Do You Want To Be? How To Embrace Change and Live Your Dream"
- Attended interesting Hendricks Institute relationship workshop.
- Jazz picnic at Prior Park Landscape Garden.
- Still going to my fitness bootcamp in the park.
- New corporate client for executive coaching and team-building.
- Running one-to-one Vision Days all summer.
- Going to the Arizona desert soon, to Canyon Ranch



<http://twitter.com/LVNCoaching>

## **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 fulfillment. 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](http://www.la-vita-nuova.com)