



Your New Life: Inspiration for Personal and Professional Fulfilment

June, 2010

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It's the summer solstice and I hope you're enjoying the long sunny evenings.

Exciting developments at the moment. Last week I enjoyed a successful development day with a senior management team, part of a larger individual and group coaching programme I'm running for them. The team loved the day and the coaching, describing it as "brilliant" and "transformative".

I've been visioning all June, helping my corporate clients identify their company values and vision, teaching "Creating The Vision" for new coaches at Coach U, and holding an inspiring Vision Day with a client in transition.

This month I invite you to reflect on your relationship vision, as my article shows you how you can "[Create Conscious Relationships With The Enneagram](#)".

And I invite you to join me this summer or autumn for your own individual or group Vision Day.

As always, it's great to hear from you, so please get in touch with your feedback and questions. And do forward this newsletter to any interested friends or colleagues.

Summer warm wishes,



Relationship Breakthroughs: Enjoy Conscious Relationships with the Enneagram

Type 8s are from Mars, type 4s are from Venus? They might as well be, considering the potential for misunderstanding between different Enneagram types.

The first point to understand is that we aren't wrong because we're different. If you would like to get a handle on each type, visit the Enneagram page on my website or have a look at my last article on Enneagram and relationships.

In order to build happier, more connected relationships, it

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In order to build happier, more connected relationships, it helps dramatically to understand what type your colleague, friend, or partner is. Whether they are operating primarily from a thinking orientation (types 6, 7, 8), a feeling approach (types 2, 3, 4), or a gut-instinct "knowing" (types 8, 9, 1), is crucial to understand their world and perspective. If, for example, you are a thinking type, and your boss is a feeling type, know that they are reacting to news and developments from that orientation, and that you need to speak their language in order to have the most positive and productive connection.

You need to travel to meet the other person in their world, understand where you and they are in terms of personality, and then build bridges between your world and theirs, helping you understand, relate, and learn.

Conscious relationships at work: how to build great teams

Working recently with the senior management team of one of my corporate clients, I saw first-hand how transformative it is for people to understand their own Enneagram type and that of their colleagues.

With that insight, you are able to consciously focus on bringing out your best and working to your highest potential, understanding how to leverage the positives in your personality to create great connections and results, and also how to manage and avoid the pitfalls that can cause friction and misunderstanding.

Understanding the Enneagram type of your colleagues allows you to maximise your relationship, showing you how to get the best out of them, how to build connections, and equally not to take personally or get frustrated by behaviour you might find difficult.

In terms of team dynamics, it's exciting to understand how the spectrum of Enneagram types within a team can take the team forward to new levels of cooperation and success, where you're actively and consciously working together to harness your individual and collective strengths and achieve greatness.

Conscious Loving in your personal relationships

Clients often ask me what types are most compatible in personal relationships. Interestingly there is a pattern in what type we tend to be most attracted to in relationships.

The happy news, though, is that any Enneagram type is compatible with any other type, depending on how emotionally/mentally healthy they are.

Within each Enneagram type there is a dynamic spectrum of development. Understanding our own type allows us to create our own personalized development plan to be our best.

Any individual who is at the very healthy level of development within their type, can get along beautifully with healthy levels of any other type. It is when we start to go down the scale of awareness and development that we start to clash with other types, and some more than others at that point.

So being conscious of your own Enneagram type and how it affects your behaviour in personal relationships, gives you the map to bring out the best in yourself and your partner.

If you are both aware of these dynamics and present in the moment, you can practise conscious loving in your personal relationships and become closer and more in love with every day.

The idea is to transcend the ego limitations of your personality, understand the other person, and cultivate your heart connection....

To learn more about how working with the Enneagram can enhance your personal and professional relationships and success, have a look at the Enneagram books on my website *La Vita Nuova*, or contact me to explore individual or group coaching nicola@la-vita-nuova.com.

Create Your Vision Day; Two Exciting New Coaching Programmes Launching Later This Year

Create Your Vision Day

One of my wonderful long-term clients, Monica, recently wrote this about her experience working with me:

"The incredible value of working with Nicola Bunting is so difficult to put into words because it is at once grounding and uplifting, practical and aspirational. Over the years we have worked together on a job search, personal crisis, and professional development and in each project I felt fully supported, expertly guided and ultimately sincerely congratulated on reaching each goal. I owe a lot of my success to Nicola." Monica, MD, major European real estate company

If you would benefit from personal guidance and inspiration, why not book a Vision Day with me this year? It could be a one-to-one day or a day you book with 1 or 2 friends, sharing the benefit and reducing the cost.

One of my Vision Day clients last year had this to say about her experience: "I loved our day together and am feeling much more at peace that I have a plan as to the way forward. Thank you. I find working with you nothing short of inspirational and motivational!!"


This is your opportunity to have a day with me to reflect on where you are right now in relation to where you want to be, to create a vision together for you, as well as a campaign to make it happen. It's a perfect solution for those of you who want results now, who are looking for inspiration, focus, and magic to step change you forward personally and professionally, but who don't feel ready for an ongoing coaching course. Or who are currently benefitting from a coaching course, but want a turbo boost forwards.

Exciting New Coaching Programmes Launching This October

I am designing two new coaching programmes to launch later this year. The first will be an exciting year-long programme which combines one-on-one and group coaching, so that people have the opportunity for individual guidance and support, as well as the opportunity to get inspired and coached in a group setting in a luxurious seasonal retreat day. The programme will combine 4 one-day in-person group retreats, with regular individual coaching, to achieve remarkable results while enjoying the company and support of other inspiring professionals. If you would like to be kept informed about this programme, please email me and I will include you in any mailings, nicola@la-vita-nuova.com

The second programme will be an affordable year-long group coaching experience, held over the telephone. More to come...

UPDATE on what Nicola is doing

- Loved the Chelsea Flower Show recently and enjoying my magical Nicola's Gardengarden (see photo!). Especially early in the morning and the evening, it does seem like anything could happen there!
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- My 12 year old has had a happy first year in senior school, did well in his exams, and is in the Tennis "A" team and the Junior Chapel Choir! He sang "Day by Day" in church yesterday--very lovely!
 - Enjoyed Development Day with senior management team I have been coaching individually and collectively this year. The team rated the day and coaching programme as "brilliant" and "transformative"
 - Off to LA soon to work on developing new Platinum Coaching Programme
 - Teaching "Creating The Vision" for Coach U
 - About to launch a new and exciting website!
 - Have been offered 2 exciting book contracts from top publishers! Have chosen publisher I want to work with! More soon...

ABOUT NICOLA AND 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 design a coaching plan to help you design and create an extraordinary life and work.

