



Your New Life: Inspiration for Personal
and Professional Fulfilment

February 2011

In This Issue

[Spring Forward: Why? How? Now!](#)
[Come to Capri - only 2 places left!](#)
[UPDATE on what Nicola is doing](#)



Welcome to our February/March newsletter and welcome to Spring! Poet e.e. cummings writes that "*the earth laughs in flowers.*" "*The force that through the green fuse drives the flower*" (Dylan Thomas) can also inspire us to start our own new year (again) with passion, determination, and energised joy.

This month I'll be sharing with you some strategies on how you can spring forward yourself and get inspired or re-inspired to make this a wonderful and successful year for you, in my article "[Spring Forward: Why? How? Now!](#)"

And if you're serious about making 2011 your breakthrough year and creating extraordinary results in your life and work starting now, there is still time to join our exciting new [Platinum Programme](#) which starts soon. Our Capri Retreat in May will be sensational and I am thrilled about the wonderful group committed to creating magic for themselves this year. There are 2 places left, and if you want to explore if one of them should be yours, get in touch!

I wish you a scintillatingly successful Spring and as always please get in touch if I can help you in any way.

Warm wishes,

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**Spring Forward:
Why? How? Now!**

"Listen: there's a hell of a good universe next door, let's go"



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e.e. cummings



Spring is a beautiful metaphor of new life, new growth, and new possibilities. As you look at the flowers breaking their way through the ground, defying the frosts, and opening up, it's such a heart-warming metaphor for our own ability to learn, grow, develop, and enjoy life (note the joy in enjoy!)

The poet e.e. cummings writes enchantingly about the spring:

*"in time of daffodils (who know
the goal of living is to grow)
forgetting why, remember how"*

I'm writing here about the why and the how. As for why, Cummings writes elsewhere "*unbeing dead isn't being alive.*" All too often I see people settling for second-best, compromising on what they want, allowing themselves to stay stuck, passive, reacting to life, rather than stepping into their own power and shaping their life.

Ask yourself this. Are you designing your own life? Or are you living a life, which someone or something else has designed for you, a life that doesn't reflect you at your best and which is keeping you small?



I invite you here to **stretch**, to choose to find the courage to grow up and become who you really are, to live a life that makes you truly happy and fulfilled and which reflects your potential starting today. I know that this is possible for you, because I coach people to achieve this for themselves every day. It all starts with the determination not to let another day go by in which you're distracted from actually **LEADING** your own life, rather than reacting to what's

happening around you. So here are some practical steps to help you start springing forward now:

- Step up! Decide to design your own life and not to settle, passively react, or compromise any longer. Consciously stepping up today is powerful. Do something positively dramatic to mark your intention.
- Create self-awareness. Take the time to really study and understand yourself, your personality, needs, strengths, and values. Whether you study the Enneagram personality profiling, work with me or someone else, or buy a journal, decide on how

you can be your best and what that means doing, saying, thinking, focusing on...and on what goals will be truly right for the unique individual who you are.

- Believe! cummings writes, "once we believe in ourselves we can risk curiosity, wonder, spontaneous delight, or any experience that reveals the human spirit." And it's true. Belief requires deliberate focus, intention, and lots of practice, lots of monitoring of one's self talk. The results do create magic and wonder, and reveal the human spirit within us and all around us.
- Setting smart goals. Choose goals that genuinely delight and excite you, that are right for you, and make sure they are specific, measurable and achievable.
- Synchronicity...OK, maybe this isn't a practical step as such, but I know that if you do your bit, something seemingly magic steps in to see you through. Like the fairy (or is it the cricket?!) says in Pinocchio..."when you wish upon a star your dreams come true...Like a bolt out of the blue, fate steps in and sees you through." This may sound hippy dippy, but I've actually seen this at work in clients' successes (and in my own life) over and over again.
- Shine! As cummings writes, "The world is mud-luscious and puddle wonderful!" Having fun, enjoying each moment, and simply revelling in how supercalifragilistic life is, is not only part of the point of living, but also encourages you to go on and keep growing and succeeding. Having fun and enjoying puddle jumping is energising, no matter how old you are!
- Celebrate! Very important step this, and too often overlooked.

e.e. cummings reminds us to "*listen: there's a hell of a good universe next door, let's go.*" And it's true! Let's enjoy the spring! Let's spring forward! Let's go!

Come to Capri!

Grab One of the Last 2 Places on My 2011-12 Platinum Programme!

If you're serious about creating breakthroughs this year, and you don't want to put your life/career on hold any longer, let's talk about whether the Platinum Programme is a good fit for you.

We have 2 places left, and a wonderful, inspiring group of individuals determined to be their brilliant best this year, step up and design their lives so that they trail-blaze rather than settle.

If you are a professional or entrepreneur who is equally passionate about your life and work, if you've achieved a lot already and know you can achieve more, if you're ready to create breakthroughs this year and want the support, networking, and inspiration provided by a world-class coach, a fabulous group of international participants all energised by development... as well as the beautiful surroundings and luxury of Capri, Dublin, and Bath as the setting for creating your magic...then why not consider joining our community? [Contact me](#) to discuss.

Platinum includes an individual Vision Day in the spring, our group retreats in Capri in May and Dublin in October, individual follow-up coaching, and monthly group tele-conferences...



If you don't want to wait any longer to create fabulous results for yourself, and you don't want to miss out on the opportunity to enjoy an inspiring, illuminating year-long experience and adventure with an amazing group of people, contact me now to discuss if



one of the remaining two places should be reserved for you.

What would it take for you to say yes to yourself this month?

Update On What Nicola is Doing...

* Working with some wonderful new coaching clients. One of them wrote that the "***opportunity to discuss my goals and have a good fairy focused on helping me to achieve them is invaluable!***"

* Gave a talk to The Century Club in Soho to much acclaim.

* Interview and photo-shoot at Home House for a day in the life article for national magazine.

* Finalising the Capri May retreat for my fabulous Platinum group. Have booked 5-star hotel suite with terrace and magnificent sea views. Very exciting and we have a wonderful group to work with.

* Booking Vision Days in Bath for my Platinum participants.

* Planning team development days for corporate client in March.

* Looking forward to my talks at the [Vitality Show](#) in London in March

* Writing my book! Currently writing chapter on how to understand yourself and create the best goals for you.

* Enjoyed magical weekend in wild Wales. See this gorgeous deserted beach, Barrafundle Bay, I discovered.



*Enjoying lots of fun girl time with several friends-really soul-nourishing and delightful.

* Just joined Bath book club!

*Reading "Backwards in High Heels. The Impossible Art of Being Female," by Tania Kindersley & Sarah Vine.

* Looking forward to half-term weekend away in York, where I went to university.



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