



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

January, 2009

### In This Issue

1. [FINDING Your Invincible Summer: Reflections on "A Physics" by Heather McHugh. Making 2009 the year we create "the suns and moons of silver" in ourselves.](#)
2. [STRATEGISING. How to get results: a framework to help you create powerful strategies at work and in your personal life.](#)
3. [RETREAT! Join us for an inspiring coaching retreat this year](#)
4. [UPDATE on what Nicola is doing](#)



Welcome to our first newsletter of 2009 and a warm welcome to all our new subscribers this month. It's good to have you in our community. Let me know what you want to create for yourself this year, and what you would like to see in this newsletter.

This issue we're focusing on turning New Year's resolutions into year-long results, starting with an inspiring poem reminding us of what we're truly capable of if we aspire, and moving onto a powerful framework for achieving your goals through a step-by-step strategising model.

Right now we're shivering in the middle of winter, having just got through what is supposedly the most depressing day of the year! I'm reminded of a wonderful quote from the French philosopher Camus, lines I almost expected Obama to quote in his inauguration speech last week:

"In the depth of winter, I finally learned that there was in me an invincible summer."

We all have our own invincible summer inside us, waiting to produce green shoots and start to blossom. Could 2009 be your breakthrough year, one in which, with focus, resolve, determination, and support you achieve some enormous personal or professional goal you've dreamt about for years? It can absolutely be that year for you! Let me know what you want to achieve that excites you this year, and I will report back on some of your goals in the next issue.

In the meantime, let's look at "A Physics" by Heather McHugh and start by looking at our vision for what's possible.

Warm wishes,

*Nicola*

**A Physics by Heather McHugh**

## Newsletters

[June 2010](#)  
[April 2010](#)  
[March 2010](#)  
[January 2010](#)

[November 2009](#)  
[October 2009](#)  
[August 2009](#)  
[June 2009](#)  
[May 2009](#)  
[April 2009](#)  
[January 2009](#)

[November 2008](#)  
[October 2008](#)  
[September 2008](#)

---

## Quick Links

[Our Website](#)  
[Products](#)  
[Services](#)

Join Our Mailing List!

:: **0845 2220258**

When you get down to it, Earth  
 has its own great ranges  
 of feeling - Rocky, Smoky, Blue -  
 and a heart that can melt stones.

The still pools fill with sky,  
 as if aloof, and we have eyes  
 for all of this - and more, for Earth's  
 reminding moon. We too are ruled

by such attractions - spun and swaddled,  
 rocked and lent a light. We run  
 our clocks on wheels, our trains  
 on time. But all the while we want

to love each other endlessly - not only for  
 a hundred years, not only six feet up and down.  
 We want the suns and moons of silver  
 in ourselves, not only counted coins in a cup. The whole

idea of love was not to fall. And neither was  
 the whole idea of God. We put him well  
 above ourselves, because we meant,  
 in time, to measure up.

~ Heather McHugh ~  
 (Hinge and Sign: Poems, 1968-1993)



This beautiful, lyrical poem has always been one of my favourites. It explores and juxtaposes our emotional landscape with the physical landscape, and looks at our aspirations and depths. Earth, like us, has "a heart that can melt stones," is ruled by powerful natural laws, has "great ranges of feeling," even if they are mountains with names reminiscent of emotions: "Rocky, Smoky, Blue." McHugh's use of metaphors and precise, unexpected word choice really startles the reader, shining a light on our thinking about life by shaking up our expectations and usual framework.

We try to live in an organised way, using time to guide us towards a routine: "we run our clocks on wheels, our trains on time." Note the ironic switch of words to show how, from a detached perspective, our efforts to shape our lives can

be artificial and limiting.

The poem is about aspirations and longing, I think, ultimately. We want our lives to consist of more significance than simply our physical limits--six feet up (how tall we might be) or six feet down (need I explain!) We want to "measure up," rather than fall or settle for less than our best, to "love each other endlessly" in a time-transcending and unconditionally unlimited way. We want the "suns and moons of silver in ourselves," not just pale reflections in material possessions or money, "counted coins in a cup." Because we're infinitely more than the measure of our financial wealth, something that is poignantly often forgotten by individuals affected by the current economic woes.

And similarly, we have spiritual ideals because we want to reach beyond compromise and step up to be our real selves, to achieve magnificent results in our work and in our lives, to make a tangible difference to the happiness, success and fulfilment of those around us. Let's make 2009 the year we "measure up."

## **Strategising: Results Not Resolutions**

Over the many years I've been coaching, my clients have achieved extraordinary personal and professional results through following the strategising process outlined below, everything from changing career from one that bores to one that delights, gaining rapid promotion, turning a team (and company) around, turning a redundancy into a life-enhancing opportunity for positive change, writing a novel, starting a successful and dynamic business, moving countries, attracting soulful love, becoming a millionaire, and much more.

Here are 10 steps to creating strategies that deliver:

- 1) Look at your personal and/or business foundation. Are you in a solid, healthy place in order to make changes, or do you need to pay initial attention to your physical, emotional, mental, or spiritual health in order to move forward? Are your needs getting met? Are you bouncing with energy? If not, some initial attention to these underlying areas is fundamental. After all, there's no point in designing a spectacular house if it has weak foundations that won't sustain it.
- 2) Ask yourself what your priorities are? This is an important precondition to goal planning.
- 3) What's your vision? Reflect on your values, strengths, life experiences, dreams and desires. Create a vision that is true for you and your priorities and make sure you find it compelling. If it doesn't light up your day when you think about it, work on it (creatively and analytically) until it does.
- 4) Clear your time and energy. What can you let go of that stands in the way of achieving your vision? Do you need to declutter your time or your space in order to free up the

space for turning your vision into reality? Can you work 4 days rather than 5? Where can you delegate more? etc.

5) Set your goals! Make sure they reflect your priorities and vision, are achievable, and genuinely excite you and resonate with you. Do the goals align with your personal and/or business foundation? Create a timeline and order for achieving them.

6) Put your goals and desired outcome in writing.

7) Create a strategy to achieve your goals. What is your timeline, order, and what are the stages? Perhaps create a diagram or picture to chart your goals. Are they realistic? How will you know when you've achieved them? Describe your desired outcome.

8) What resources and support do you need to get successful results? The support of a strong, qualified, experienced coach can make all the difference in getting the results you want. Alternatively, perhaps you can team up with a friend or colleague and organize regular brainstorming and support meetings.

9) Hold yourself accountable! Check in with yourself to make sure you are making progress, keeping to your timelines, doing the practical work you need to do every day and week to move forward, and aligning the rest of your life and work with the goals and underlying vision.

10) Enjoy the journey and make it an exciting and fulfilling one. Celebrate all your achievements along the way and celebrate your success when you achieve the significant, sustainable goals that are right for you and which reflect your vision.

## Coaching Retreats

Would you like some time out to get re-inspired, find and live your vision and values, and create the inspiration and strategy to make 2009 the year you turn your resolutions into results? Where's your invincible summer? Have you something big you want to achieve this year? Why not join us for a luxurious visioning weekend retreat this spring?

I can either create a group from interested LVN clients or contacts, a super-successful, interesting and unusually delightful group of individuals who are bound to find each other's company one of the joys of the retreat.

Or I can design a personalized retreat for your group of friends or colleagues, with your place complimentary if you're part of a group of 8--another reason to get your own group together!

We have a beautiful, exclusive venue and an exciting agenda planned and would love you to join us.

Let me know if you're interested and I'll organize the dates to fit your availability.

For more details visit....

[Life Coaching Retreat](#)



## What Nicola's Doing in January:

Laughing at memory of getting stuck at the top of Thunder Mountain rollercoaster at Disneyland Paris in the dark (shortly before park closing!) last month. Coaching tip: should you find yourself in such a situation...use the ipod on your iphone to play "Winter Wonderland" and other Christmas songs to your fellow passengers!

- Speaking at the Athena Networking Group in Chelsea, where I was an invited guest this month
- Teaching Strategising for Coach U
- Giving an Enneagram workshop to a senior team at a London bank
- Enjoying a Spiritual Retreat with other MCC coaches at the Royal Crescent Hotel in Bath
- Learning to Samba
- Designing my garden
- Planning a long weekend in Florence to see Botticelli
- ..