



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

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### In This Issue

[1. Make 2011 amazing! Join our Platinum Programme or our Silver Group Coaching Programme](#)

[2. Today You Are You. Leadership and the Art of Being Yourself](#)

[3. UPDATE on what Nicola is doing](#)



### Quick Links

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

Hello and welcome to our October newsletter! With sunshine, frosty mornings and cool evenings, it feels like we're on the cusp of changing seasons, veering happily headlong to all kinds of festive celebrations!

I've been especially busy recently, coaching individuals and teams, writing my book, giving talks and workshops. I know you have been so busy too, careening round the world, creating exciting initiatives at work, focused on so many adventures in every aspect of your lives. Autumn often feels a bit like this, don't you find?

I hope you enjoy reading this month's article, "Today You Are You. Leadership and the Art of Being Yourself," and please give me your feedback. [Click here for the article.](#)

I'm thrilled to be launching my exciting new Platinum Programme in January, which includes group retreats in Capri and Dublin, an individual Vision Day and one-on-one coaching, and inspiring, stimulating group coaching and masterminding. Want to know more? [Click here](#)

Wishing you a bright, energizing, and fulfilling autumn,

## ***Platinum Coaching Programme***

Do you have big plans for 2011? Where would you like to be personally and professionally by this time next year? What exciting adventures and breakthroughs do you have in mind?

Join us for our innovative, exciting new Platinum Coaching Programme launching in January.

Combining group retreats to Capri and Dublin in the spring and autumn, with an individual Vision Day, individual coaching, and inspiring group coaching and masterminding, the Platinum Programme is perfect for professionals who are ambitious for themselves personally and professionally, and who want to be in a community of like-minded dynamic individuals.

To learn more about the Platinum Programme, please contact Nicola to discuss. The group is invitation only and so if you're interested, let's explore it over a chat to see if it's a good fit.

## ***Silver Group Coaching Programme***

Whether your goal is to start a successful business, change career, move abroad, write a book, lose weight, practice extreme-self care, attract your ideal partner, have more fun, create inner peace...the group coaching program can help you achieve it. For more details click here [Silver Coaching Programme](#).

- Concentrated focus on your top goals for 12 months
- Inspiring support and interaction with other like-minded individuals.
- Structure and support provided by Nicola for an entire year to ensure you achieve great results
- Access to all the coaching programmes Nicola uses with her private clients
- Strategies for creating more success in all areas of your life
- Inspiring personal development

Email us to reserve your space in either programme or to get your questions answered [nicola@la-vita-nuova.com](mailto:nicola@la-vita-nuova.com)

## ***"Today You Are You. Leadership And The Art Of Being Yourself."***

In the memorable words of Dr. Seuss, "Today you are you. That is truer than true. There is no one alive who is youer than you."

These are words to work by, words to live by as well, words that are a focusing mantra for inspired and effective leadership.

When the pressure is on, when you're being asked to deliver results with fewer resources, do more with less, and lead a team or company to new heights, maintaining the commitment and engagement of your team in stretching times, the temptation is sometimes to forget about who you are, forget about what it means to be you at your best, and just immerse yourself in work until you're drained, if not exhausted.

When you're concerned about the company's future, and perhaps uncertain about your own job security, the temptation is sometimes to try to work 24/7, to lose sight of your own individual potential for brilliance, and to put your head down and try not to stand out, to fade into the background rather than venturing into anything that feels like risk.

Here's the thing, though.

### ***Leadership and Being Yourself***

When you are being you at your best, you will feel energised, balanced, inspired and inspiring, able to draw freely and deliberately from your personality, strengths and values in order to see and seize the perfect, creative, focused, finely tuned opportunity and turn it into something amazing. When you are being yourself (again, your best self, it goes without saying!), you will be able to motivate, inspire, and propel your team forward to new levels of commitment and success.

### ***Leadership, Perspective, and Judgment***

On the other hand, when your work/life balance is shot, when you're a bit sleep-deprived, when you've fallen out of your normal exercise regime and are feeling the worse for it, when your personal life is consistently compromised for work demands, when you're so busy

worrying about what might go wrong that you can't focus on what could go right with good quality thinking, you become less efficient, less able to call on your strengths to work wonders, less subtle with your emotional intelligence (if not actually emotionally stupid!), and generally uninspiring as a leader, as well as less effective.

You absolutely need to ensure your work/life balance energises you and enhances your career. If you respond to professional pressure by an angst-driven mode of working all hours and checking your blackberry in the middle of the night, you risk burning out and certainly being less successful. It's clearly not sustainable either.

Creating and maintaining balance between work and life allows you to have good perspective and judgment, giving you a centredness and gravitas that will position you as a positive, stable presence in your organisation, someone who is in charge of themselves and their work challenge and opportunities.

### ***Leadership and Confidence***

This isn't (just) another reminder about the importance of good work/life balance, however. It's also a reminder about the importance of knowing who you are at your best, and relaxing into the confidence that when you are your unique, wonderful self, you can do remarkable things. you can do almost anything.

As Dr. Seuss says, "there is no one alive who is youer than you." I find with my executive coaching clients, most of whom are senior leaders, that they are most brilliant when they are most themselves.

It's not quite as easy as it sounds, because being your best self depends on understanding your personality (and what brings out your best, what to do more of, and what to avoid in order to be your best), understanding your values and having the courage to actively express and maximise them in your work and relationships, and consciously leveraging your strengths. It requires having confidence in who you are and knowing that you don't have to impress anyone or prove yourself to anyone. It's about being your best self, rather than an imperfect imitation of somebody else. Your self-assurance makes you more relaxed and able to focus on the person and people you're dealing with, rather than on yourself.

All of this takes personal and professional development work, as I find with my coaching clients. Take advantage of opportunities for expert executive coaching, which will encourage you to excel by maximising your development.

### ***Leadership and Charisma***

One of my clients wrote this to me a few days ago: "I am learning more and more that being yourself is not a risk, it's an opportunity."

In practice, it means being brave, being authentic, having the courage to show your feelings at times, risking saying something that reflects your intuition but may not be what you think the other person wishes to hear, not being robotic. It means having the energy and centredness from a good work/life balance that allows you to show up at work as someone truly in charge, someone who others trust, believe in, want to lead them.

Charisma is sometimes defined as a quality that allows the person you're talking to to feel really seen, understood, and focused on. That's actually an essential quality of leadership, I believe, and an essential part of that is being yourself, knowing who you really are at your best, and trusting in that so you can paradoxically forget yourself.

### ***Leadership and the Art of Being Yourself***

Ultimately, I believe an inspiring leader is an inspiring person. The quality of your personal development is at the heart of your success as a leader. The art of being yourself as an authentic expression of you at your unique, human, brilliant, quirky individual best needs to be cultivated and developed for you to be the leader you can be.

Expert executive coaching is one way for you to understand, develop, and leverage all the strengths, values, and qualities that make you the person you are and the person (and the leader) you have the potential to be.

## ***UPDATE on what Nicola is doing***

\*Interviewed by the *Financial Times* (Careerist column) in October for my executive coach perspective on career implications of working abroad. [Click here to read the article](#)

\*Senior Management Team development coaching day in September, focusing on group mission and strengths, as well as advanced listening skills. Very fun day and positive feedback too.

\*Delivered very popular workshop to Home House members on following your call to adventure!

\*I'm now writing my book. Very fascinating, thought-provoking and time-consuming!

\*Planning new group telephone coaching series for senior management team based around the world.

\*Booked to give workshop and talk at Vitality Show in London next March.

\*Enjoying getting more active on Twitter. Why not follow me and join in the conversation?

\*Some great catch-ups with former clients from around the world, coffee, lunch, drinks, phone. All tell me how the results they got from coaching are still contributing to their lives. Very satisfying!

\*Wonderful birthday last month with great evenings out at Locanda Locatelli in London and The Priory in Bath, and a memorable stay at Cliveden

\*Ballroom and Latin dance going wonderfully, thanks to private lessons in addition to group classes

\*My son's Junior Chapel Choir at Prior Park College has released a single, "Christmas In My Heart," all proceeds of which go to Help for Heroes. Please support them! You can buy it online at [www.tunited.com](http://www.tunited.com).

## 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 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)