



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

November, 2008

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1. ["FEAST On Your Life," a look at Derek Walcott's beautiful poem, "Love After Love," and what it tells us about the joy in finding the courage to live your authentic life.](#)
2. [ENHANCE your life with Positive Psychology--a reflection on Dr. Carol Kaufmann's inspiring talk on positive psychology and coaching at the recent International Coach Federation Conference in Canada.](#)
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Welcome to the November issues of my newsletter, a special holiday edition for November and December. "Your New Life: Inspiration for Personal and Professional Fulfillment" is designed for successful professionals who want to discover the secrets of a brilliantly fulfilling personal and professional life.

This holiday issue is all about celebration .... celebrating Thanksgiving this week, Christmas next month ... and most of all, celebrating all the magical moments of our lives.

To subscribe, please email [nicola@la-vita-nuova.com](mailto:nicola@la-vita-nuova.com). Please add [nicola@la-vita-nuova.com](mailto:nicola@la-vita-nuova.com) to your whitelist or address book in your email program, so you have no problem receiving future issues. And do feel free to forward this newsletter to a friend or colleague.

I'm just back from a very inspiring week in Canada, attending the International Coach Federation Conference in Montreal and learning from all the latest research and ideas in the coaching world. The highlights for me were a wonderfully enlightening (and funny!) keynote speech from Buddhist monk and teacher, Matthieu Ricard (for his books, including "Happiness," see [see the bookstore](#)) and a great talk from Harvard University professor, Dr. Carol Kauffman, on the clinical studies in positive psychology that demonstrate how and why coaching works (see my main article for more).

Wishing you and your family a magical (white?) Christmas and holiday season.

Warm holiday wishes,

*Nicola*



P.S. Do please let me know your thoughts, comments, and suggestions on this newsletter. Your ideas are very helpful in making the newsletter as useful to you as possible.

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## LOVE AFTER LOVE by Derek Walcott.

"The time will come  
 when, with elation,  
 you will greet yourself arriving  
 at your own front door, in your own mirror,  
 and each will smile at the other's welcome,

and say, sit here. Eat.  
 You will love again the stranger who was your self.  
 Give wine. Give bread. Give back your heart  
 to itself, to the stranger who has loved you

all your life, whom you ignored  
 for another, who knows you by heart.  
 Take down the love letters from the bookshelf,

the photographs, the desperate notes,  
 peel your own image from the mirror.  
 Sit. Feast on your life."

This exquisite poem is all about having the courage to live your authentic life, abandoning the images, roles, and all the ways in which you alter or distort your real self, at work, in relationships, in the world generally. Instead the poem celebrates and honours self-acceptance, self-understanding, self-love, and a reconnection with one's essence and soul.

Especially at the moment, when so many people are feeling threatened by the economic challenges and the impact on their jobs and lifestyles, it's helpful to be reminded of what is essentially important, and of everything that is here for us to treasure and be grateful for.

There's something sacred in pausing to recognize and celebrate our connection or re-connection with our true nature, as we see in the references to spiritual ritual, the allusions to bread and wine: "Give wine. Give bread. Give back your heart/to itself, to the stranger who has loved you/all your life."

And Walcott reveals the deep happiness to be gained by taking the time to stop the treadmill, to pause our to-do lists, hold the Christmas present shopping, and simply take delight in the beauty of the present moment: "Sit. Feast on your life."

The holidays offer us many kinds of feasts to enjoy, and the opportunity to treasure our true nature, our essence, and our many blessings are among the most precious.

## TRANSLATING THE SCIENCE OF POSITIVE PSYCHOLOGY INTO THE PRACTICE OF COACHING

Dr. Carol Kauffman's brilliant talk on positive psychology and coaching provided scientific back-up for how and why coaching works, citing a range of interesting studies that demonstrate the profound and sustainable results created by coaching. She focused on 4 main areas:

\* Reversing The Focus.

We tend naturally to focus on the negative, still retaining a pre-civilisation fear imprint of the tigers who might be waiting to pounce on us if we don't consider possible dangers at all times. However, by focusing on the positive, paying attention to what makes us happy and doing more of it, clinical studies show increased well-being and decreased depression as well as significantly improved performance for both individuals and teams.

A case in point...one exercise I always ask my clients to do is to reflect, at the end of every day, on 3 things you enjoyed that day that you're grateful for. I always knew it worked and helped clients appreciate the joy in their lives. But I didn't know why. Dr. Kauffman gave the results of a study that focused on just this practice, and shows that after 6 months of doing this daily, people are (from memory) about 60% happier! The 10 Daily Delicious Habits exercise I ask my clients to follow also fits in this category.

\*Focusing On Strengths

Again, this is a practice I invite my clients to follow. Dr. Kauffman explained how identifying your strengths, assessing them, and consciously drawing on them to meet challenges can be a break-through strategy.

\*Harness Positive Emotion

Positive emotion is a resource to consciously draw on to increase your success, rather than just a feeling.

\*Build hope and optimum performance

Hope helps us cope with adversity, and access optimal performance and motivation.

To read more about the science of positive psychology and coaching, have a look at the [Harvard Coaching](#) website

## **JOIN OUR EXCITING GROUP COACHING PROGRAMME STARTING IN JANUARY**

Here's an exciting opportunity to join an inspirational group coaching program starting in January, 2009. There are still spaces and an information call in mid-January. For more information or to reserve a space, please email Nicola, [nicola@la-vita-nuova.com](mailto:nicola@la-vita-nuova.com)

Do you know someone who would benefit from coaching, support, and community right now, who may need an affordable method of coaching, who may be attracted to working with other individuals in a group, or who may want a refresher after having had individual coaching in the past? If so, this programme may be for them. [www.la-vita-nuova.com/life-coaching-programs.htm](http://www.la-vita-nuova.com/life-coaching-programs.htm)

Enjoy an inspirational group coaching program, starting in January 2009, that will move your life forward in amazing ways. This yearlong program will give you the following benefits:

- 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

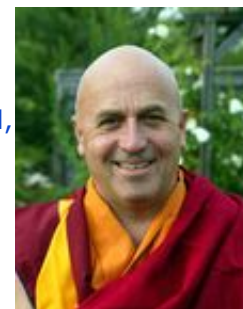
Whether your goal is to start a successful business, change career, move abroad, write a book, lose weight, practice extreme-self care, attract your ideal partner, have more fun, create inner peace...the group coaching program can help you achieve it.

It's great value! For your extremely affordable investment of £85 a month (plus vat), you get two teleconference group coaching calls a month, focused on all the steps that will move you forward from a solid base of understanding your personality type, your needs, values, and strengths; coaching programmes such as Clean Sweep and True Values; access to recordings of the calls if you miss them or just want to hear them again; mastermind partners with other people in the group; and one personal coaching email exchange with Nicola each week.

The Silver Group Coaching programme is our entry level of coaching and a great way to have ongoing access to Nicola at an affordable rate. Are you ready to make 2009 your most extraordinary year yet? Then act now.

## **UPDATE ON WHAT NICOLA IS DOING IN NOVEMBER**

\*Learning about new developments in coaching at the International Coach Federation Conference in Canada (for a photo of keynote speaker Matthieu Ricard, see right).



\*Teaching Messaging for Coach U, covering how to use advising and challenging in coaching interactions to help the client move forward and achieve their goals.

\*Interviewing with the Press Association on finding short-term employment as an option in the current economic climate and turning it into satisfying and successful new career prospects

\*Learning to do ballroom and latin dancing!

\*Visiting the beautiful Bath Christmas Market

\*Looking forward to my pre-Christmas family trip to

Disneyland Paris (the photo on the first page this month is of me with my adorable son, Christopher).

\*Celebrating!