



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

August, 2009

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The sun is now (finally) shining and my garden is full of butterflies. So welcome to our August newsletter, and I hope you're having a delightful summer, despite the absence (so far!) of barbeques!

This month I'm reflecting on the beautifully slower, hedonistic qualities of summer, the opportunities they provide to immerse ourselves in the joys of the moment and create our own "Lake Isle of Innisfree" as poet William Yeats describes it.

I'm also inviting you to organise an autumn or winter retreat with La Vita Nuova, whether it's a personal group of friends who want some inspiration, or an opportunity for a team-building, team-galvanizing retreat, to be held in the glorious surroundings of Thermae Bath Spa's The Cross Baths, one of Europe's official sacred sites that can be booked for exclusive use. Contact me to explore what we can create for you [nicola@la-vita-nuova.com](mailto:nicola@la-vita-nuova.com)

Enjoy the rest of summer, whether you're in your garden or on the beach, and as always, do forward the newsletter to friends or colleagues (using the button below to keep formatting) and get in touch if I can help in any way or if you have feedback or requests for this ezine...

Wishing you happy time on your inner island,

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### Your Inner Island

Word has it (clients reporting back!) that there are fewer mobile phone conversations happening around the pool this summer...

Could it be that we are getting more focused on being in the present, enjoying every gorgeous moment with our loved ones, taking advantage of the speed of summer after the sobering world developments this year? I think we are.

One of my lovely clients shone this week as she shared with me that this year, first time for ages, she paced herself at work before her holiday so that she started her holiday

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feeling energised and ready to enjoy herself. What difference did that make to her experience on holiday? Every difference in the world. She was really present with her family, not just physically present, taking advantage of every moment to be close, have fun, make every day special and memorable.

Meeting with a client this week, we noticed the light change. We stopped for a second and looked through the doorway of the room we were in, through to the floor-to-ceiling window of the room beyond....outside we both saw, at the same moment, the sun start to shine, illuminating the flowering tree in the garden square outside, with the leaves shimmering in the breeze and lit up by sunlight. I wouldn't have missed that experience for the world.

One of my favourite poems, "The Lake Isle of Innisfree" by William Yeats (and yes, it's a real place!) evokes a similar transcendental experience:

### The Lake Isle of Innisfree

I will arise and go now, and go to Innisfree, And a small cabin build there, of clay and wattles made: Nine bean-rows will I have there, a hive for the honey-bee; And live alone in the bee-loud glade.

And I shall have some peace there, for peace comes dropping slow, Dropping from the veils of the morning to where the cricket sings; There midnight's all a glimmer, and noon a purple glow, And evening full of the linnet's wings.

I will arise and go now, for always night and day I hear lake water lapping with low sounds by the shore; While I stand on the roadway, or on the pavements grey, I hear it in the deep heart's core.

How would it be if we could create (we can!) our own inner island, our own place of magical stillness and beauty, that isn't dependent on the sun shining?

I invite you to reflect on what your own isle of innisfree looks like. .. And enjoy all the summer days still before us.

## INSPIRE yourself with your own Coaching Retreat

See information in letter

## UPDATE on what Nicola is doing

- Enjoying seeing "Jersey Boys" in London this month; "December 1963 (Oh What A Night)" has to be one of my favourite songs ever
- Celebrating in Cornwall (see photo), where I had a fabulous weekend in St. Ives, one of the highlights being the spectacular Tate Modern and



its beach setting, another walking following the sea from Penzance to Mousehole, lunch in a pub garden as a reward

- My son finishing at his primary school, starring as the lion king in The Lion King (I was so proud!), and being shortlisted in the leavers' service for the Good Samaritan's Cup (not a dry eye in the house)



- Swimming in the rooftop pool and enjoying the views and the natural spring water at the Thermae Bath Spa
- Reading "Brooklyn" by Colm Toibin, an amazingly good novel
- Going on holiday!

## **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.