



Your New Life: Inspiration for Personal
and Professional Fulfilment

January 2012

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Happy New Year!

As I write this on January 3rd, there are gales and rainstorms everywhere, and I'm half-expecting to see Mary Poppins clinging onto the railings in the Royal Crescent! Let's look at the wind as a metaphor for your dynamic energy propelling you forward into a fabulous 2012.



This month I'm inviting you, as one of my newsletter subscribers, to a free teleseminar on January 12, "7 Strategies For A Super-Successful 2012," sharing with you how to make it a truly happy new year, and inviting you to my exclusive Platinum Programme, about to start its second year after a fabulous launch last year.

It's an exciting year for me, with the publication of "Who Do You Want To Be? How To Embrace Change And Live Your Dream" from Piatkus/Little Brown on March 1, now available for pre-order from Amazon.

Whatever changes you decide to embrace in 2012, I hope it's your happiest happy new year yet.

If I can help make it so for you, I would love to hear from you.

Bye for now,

A handwritten signature in black ink that reads 'Nicola'.

New Beginnings: 7 STRATEGIES FOR A SUPER-SUCCESSFUL 2012. A unique opportunity to discover how you can make your 2012 transformational....

This is your personal invitation to a free teleclass on 12th January 2012 at 4.00 PM GMT

Where would you like to be personally and professionally by this time next year? How much longer are you willing to put your life and work on hold, to settle rather than trail-blaze? If you want to make 2012 a year of exciting new beginnings for you, a year of breakthrough, a year where you shine, then this special event is perfect for you.

On the teleseminar you will discover...

- How to create your vision for yourself in 2012.
- The 7 successful strategies to help turn your new year's resolutions into gorgeous 3-dimensional reality.
- What is the secret ingredient you really need to create extraordinary results? Hint: many people think they have it, but really they don't
- How you can make yourself amazingly lucky
- How not to let fear or doubt sabotage you from getting where you want to go
- How to turn challenge into wonderful opportunity

I will show you how you can make 2012 your year to shine!

Reserve your seat and create your own road-map to your dream destinations for 2012.

Reserve your space today!

The teleseminar has limited space available. To reserve your space email me at nicola@la-vita-nuova.com today

Make It a (Truly) Happy New Year

First appeared in *You Magazine*, *Daily Mail* January 2011 and last January's ezine.

Train yourself to be lucky by cultivating a habit of positive thinking. For many of us, our default position is an apprehensive mindset. If you practise looking at the upside of any situation, you can seize the good possibilities. Start by reflecting in the evening on three happy things which happened that day. Every morning, decide that you will have the best day possible. During the day, if you find yourself slipping into anxious thinking, consciously look for the positive.

Read more



Make 2012 Your Breakthrough Year of Adventure: Join our Unique and Exclusive Group Devoted To Creating Extraordinary Outcomes...

If 2012 was your best year ever, what would it look like?

Imagine it's the end of 2012 and you're feeling delighted with the goals you've achieved, goals you might have thought were beyond your reach, thrilled at the breakthroughs you've achieved personally and professionally. I can help you get there. Here's how. My unique and exclusive Platinum Programme is now opening its doors for 2012, after a spectacular first year in 2011. This year we had a wonderful, tight-knit group of successful, interesting, thoughtful, ambitious, international professionals who experienced radical breakthroughs in their personal and professional lives, achieving new levels of success and happiness.

Are You Ready To Commit To A Transformational 2012?

Are you an ambitious professional who has big personal and professional goals for 2012, and wants inspiration, support, and structure to make it happen? Are you determined to trail-blaze in 2012?

Do you want expert coaching from a world-class coach, and an inspiring community, fun, and beautiful locations as part of the package? Then the exclusive Platinum Programme, combining private retreats with customised one-to-one coaching may be right for you. If you're really serious about making 2012 your best year ever, it's time to raise your game.

Overall Benefits:

- Learn my top strategies to excel in your career while freeing up more time to spend with your family and friends.
- Get a clear vision and plan that's aligned with what you

really want so 2012 is the best year of your career.

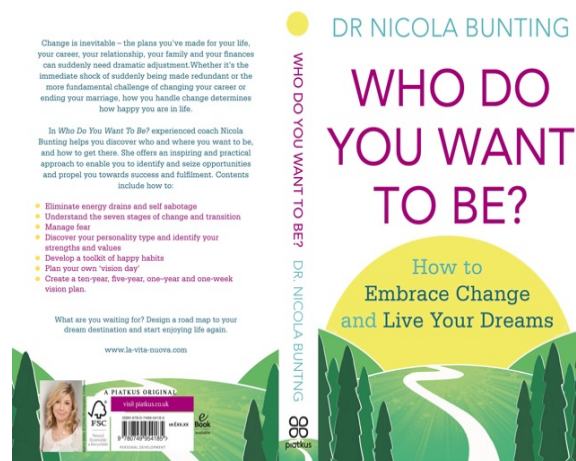
- Experience flow in your everyday work life.
- Move from merely functioning to performing at your optimum level with more energy and vitality in your personal and professional life.
- Define and achieve exciting key personal goals, everything from getting into great shape to getting happier. Last year's group did!
- Discover how to be a leader who influences and is a role model for others



To read more about the Platinum Programme and reserve one of the seven complimentary Discovery Sessions to explore if it's right for you, click here.

Update On What Nicola is Doing...

- Working with an exciting new media client
- Learned so much at inspiring Enneagram Institute's Nine Domains team-development training in New York in November
- Enjoyed beautiful and moving Leonardo Da Vinci exhibition in London before Christmas
- Holding a free teleseminar for you, "7 Strategies For A Super-Successful 2012," on January 12
- Planning my book launch party for "Who Do You Want To Be? How To Embrace Change And Live Your Dream" in March



- Enrolling members for my breakthrough Platinum 2012 Programme
- Looking forward to London's Vitality Show in March, where I'm a featured expert
- And looking forward to walking on sunshine and shell-collecting on the beach in Florida at February half-term

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