

books

DR NICOLA BUNTING

WHO DO YOU WANT TO BE?

How to Embrace Change and Live Your Dream



Learn how not to be afraid of change

Although some people relish change, most of us generally prefer to do without the sudden shock of it.

But like it or not, change is part of our everyday experience whether it's sudden redundancy, the challenge of making a career change or the painful ending of a marriage.

But the way in which people handle change can influence whether the change is ultimately for the better or whether we plunge into despair.

Dr Nicola Bunting, one of the few master certified coaches, who lives in Bath, has just had published a new book called *Who Do You Want to Be? How to Embrace Change and Live Your Dream*.

The book is designed to help you

discover your personality type and identify your strengths and values, understand the seven different stages of change and transition and show you how you can manage fear.

The book helps you develop a toolkit of happy habits, how to plan your own vision day and to create a one week, one year or even a ten year vision plan.

Dr Bunting is a personal and professional coach and founder of the international bespoke coaching company La Vita Nuova. She is one of only one per cent of coaches to have attained Master credentials and her clients include executives, celebrities, business leaders and ordinary people who want to get more out of their life and work.

Before training as a coach she

worked as a university professor.

Dr Bunting says: "The secret to navigating change successfully lies in how you respond to it. You can use the energy of change to propel yourself forward on an exhilarating adventure or you can resist, fight, allow yourself to be threatened, even defeated by the wave of change."

Dr Bunting suggests that we imagine change and challenge as a big powerful wave moving towards us.

Rather than feeling scared, overwhelmed or powerless, imagine that we are surfers anticipating the wave as part of an exciting adventure.

She warns that being afraid to live life differently can result in blocked energy and boredom so that sometimes we actually need



Dr Nicola Bunting

to initiate change ourselves in order to move our lives forward.

Who Do You Want to Be? by Dr Nicola Bunting is published by Piatkus at £14.99.