



Your New Life: Inspiration for Personal and Professional Fulfilment

March, 2010

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Hello and welcome to La Vita Nuova's March newsletter! Whether it's your first issue (it's great to have you with us!), or you're a loyal subscriber (thank you!), it's lovely to have you in this community and I always welcome your thoughts and feedback. This issue will be especially interactive, as you'll see.

This month I will be sharing some happiness hows, and will be asking for your views on the topic of my new e-book/take-away coaching programme.

And I will be inviting you to join me for an inspiring personal Vision Day or for a you-centred coaching group/retreat.

I hope the gorgeous March sunshine is a metaphor for you enjoying an equally gorgeous Spring, both as a season and in terms of the renewal of your own happiness, vision, and inspiration...

Do forward this ezine to a friend if you know anyone who might enjoy it.

Wishing you a spring full of sunshine and flowers,



Be HAPPY Now: Seven Hows of Happiness

What if today could be your first day ever of consciously choosing and creating happiness? The great news is that it can. Whether happiness is a science or art, why not bring it back where it belongs, to your life and work at the present, rather than postponing it to some hypothetical future point? Because you can!

I've discovered over my years of coaching life and executive clients to success, that it's really true that we are responsible for our own happiness, and that it's perfectly possible to be as happy as you decide to be. In this article I'm going to share with you the seven secret hows of happiness so you can start making it your reality today, not tomorrow.

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1. What thoughts you think. Yes, that's the first step. Sometimes all the competing thoughts in our heads can feel like lots of dogs all pulling at the leash to go for walks in different directions! Instead, decide what your desired destination is and what thoughts you need to think in order to feel the way you want to feel. It can help to write down the positive thoughts and feelings you want to have so that you turn any limiting thoughts around. Conscious competence as I say to my coaching clients!

2. Eliminate energy drains and do a mental and actual clean sweep of your life. What is bringing you down? Make a list and work through it, checking off everything it's possible to let go of. Make a plan to deal with those more stubborn areas. If a situation genuinely can't be changed, change how you respond to it.

3. What are your values? What thrills and inspires you and makes you excited to jump out of bed in the morning? Make sure that you choose goals for the year that relate to your key values so that you will be thoroughly inspired to bring them to life.

4. What is your purpose and direction in life? Are you working in a career and job you love? If not, do you need to make a small or big change? We all need a vocation to feel our best. What's yours? Do your main relationships have a vision behind them or are you just drifting?

5. Positive emotion is a resource, not just a feeling, as positive psychologists remind us. Choosing to look for the opportunity and possibility in every situation makes you more imaginative and lucky even. Studies show that "lucky" people are those who expect good things and are open to possibilities, hence spotting them when they show up.

6. Consciously remind yourself to focus on the positive at every opportunity. Every day, ask yourself what you've enjoyed and are grateful for that day, anything from a walk in the park in the sunshine, to a conversation with a friend, to something you've done well. Research shows that people who practice gratitude on a daily basis have significantly higher levels of reported happiness after six months.

7. Every day, practice doing 10 things (I call them Daily Delicious Rituals with my coaching clients) that you enjoy and are good for you and incorporate them into your daily timetable, anything from having (and savoring) your favourite coffee, enjoying a glass of wine while having a hot aromatherapy bath (two rituals in one), reading something inspiring, whatever speaks to you. Always have something to look forward to!

And feel yourself feeling happier every day...there's no upper limit!

GET INSPIRED: Book a Vision Day with Nicola or Create Your Own Coaching Group/Retreat

If you would benefit from personal guidance and inspiration, why not book a Vision Day with me this year? It could be a one-to-one day or a day you book with 1 or 2 friends, sharing the benefit and reducing the cost.

One of my Vision Day clients last year had this to say about her experience: "I loved our day together and am feeling much more at peace that I have a plan as to the way forward. Thank you. I find working with you nothing short of inspirational and motivational!!"

This is your opportunity to have a day with me to reflect on where you are right now in relation to where you want to be, to create a vision together for you, as well as a campaign to make it happen. It's a perfect solution for those of you who want results now, who are looking for inspiration, focus, and magic to step change you forward personally and professionally, but who don't feel ready for an ongoing coaching course. Or who are currently benefitting from a coaching course, but want a turbo boost forwards.

What if you could create your own expertly led, you-centred coaching group or retreat, where you choose what you want to focus on (career, relationships, happiness, work/life balance) and you surround yourself with people who are either existing friends or colleagues or who have similar interests and goals? What if you could have an inspiring, breakthrough experience in your area of choice? Now you can.

This year, I am starting an exciting new programme where I am creating customised coaching groups and retreats. Let me know who you would like in your group, or/and what experience you would like to create/what area you want to focus on, and I will set up something perfect for you.

To reserve contact me at nicola@la-vita-nuova.com

TELL ME what you really want in a portable coaching programme

TELL ME what you want! Another exciting project I am working on this year is to create an e-book/stand-alone portable coaching programme that people can purchase from my website. I want to make sure the topic I choose will be the one that you will find most useful and interesting. At the moment I'm considering the following possibilities:

- Vocation/Finding Your Perfect Work
- Work/Life Balance. How to create a mutually energising and inspiring work and home life
- Improve Your Relationships: Working with the Enneagram to Create Blissful Relationships
- Be Happy Now
- Successful goal-setting. Make your dreams come true in your area of choice

I would really appreciate it if you could email me and let me know which options interest you the most. Your feedback will determine the topic of my first portable coaching programme

E-mail me on nicola@la-vita-nuova.com

UPDATE on what Nicola is doing

- Enjoyed a sensational break in Rome over half-term with my family, staying with my Mother who lives there and runs a world-famous Italian cookery school. If you like Italian food, you might want to look at



- her website: www.italiangourmet.com. She has a place in central Rome in the Borghese Palace next to Berlusconi (!) overlooking the Coliseum, and now also a place in the country outside Rome where this picture of me was taken.
- Thrilled to be working with a wonderful new corporate client running a mixture of team-building days and individual executive coaching for their SMT. Started in February with positive feedback, and looking forward to working with them this year.
- Welcoming new executive coaching client from prestigious international luxury-goods company.
- In talks with my agent about exciting new project..more soon!
- Social highlights include fabulous production of "Private Lives" with Kim Cattrall at Bath Theatre Royal, seeing "Once" with my Bath film group (saw "Local Hero" in January, probably my absolute favourite film ever), my Ballroom and Latin American dance classes (new jive and samba steps!), and Easter and summer holiday planning.

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.