



Your New Life: Inspiration for Personal and Professional Fulfillment

October, 2008

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Welcome to the second issue of my newsletter! It's designed for successful professionals who want to discover the secrets of a brilliantly fulfilling personal and professional life.

Thank you for your lovely comments about the first issue, and I hope you enjoy your October newsletter just as much. To subscribe, please email nicola@la-vita-nuova.com. Please add nicola@la-vita-nuova.com to your whitelist or address book in your e-mail program, so you have no problems receiving future issues. Do feel free to forward this newsletter to a friend or colleague if you would like to.

In this issue, there's an article connecting the New Orleans Saints, Tennyson's "Ulysses," and Lehmans, which I hope you'll enjoy and find personally inspiring, as well as a link to an interesting article in the Times Online about creating five habits a day for happiness, and an invitation for you join the free information call in early November about my new Group Coaching Programme starting in January.

Wishing you more sunshine and a Happy Halloween!

With warm wishes,

Nicola

"BEING THE HERO(INE) OF YOUR OWN LIFE"

As I'm writing your newsletter on this October Sunday afternoon, I'm half-reading Tennyson's "Ulysses," half-watching the New Orleans Saints play the San Diego Chargers at Wembley (on tv!) , and wholly reflecting on what to write to my lovely past, present, and future coaching clients that will inspire them amidst the daily gloom and barrage of economic news and headlines. (And no, I'm not an Enneagram type 7, to those of you who may be speculating about my apparent multi-tasking)!

One of my current coaching clients works (worked) at Lehmans and many, indeed most, others are directly or indirectly affected by the implications of the current climate. The pervasive negative news and commentary is contagious and we all need to keep our own thoughts and focus positive in order to turn it around. While fear is the prevalent feeling for many at the moment, I've been reflecting that actually the opposite of fear is faith, and that's what we are called on to cultivate now.





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So what's the connection between American football, Tennyson, and the economic climate? Let's start with the New Orleans football team, the aptly named Saints. Their triumphant return to the previously battered New Orleans stadium, the place of refuge for many during the city's floods and itself a symbol of the devastation of the city, signalled a resurgence of hope and faith in the city's spirit and its future. When the band played "When The Saints Go Marching In" at the beginning of the game, apparently the pride of the New Orleans people attending and watching was palpable, and the broken spirit of New Orleans began to revitalize and heal, emerging stronger than before.

Tennyson's "Ulysses" tells a similar story, though a sea voyage rather than flood is the opportunity for the hero's journey. As those of you who read the September issue of this newsletter will know, in every issue I'm choosing a piece of literature to reflect on for wisdom and inspiration. In this issue it's Tennyson's stirring well-known poem, "Ulysses." The poem is about a middle-aged hero, back from his odyssey, burnt-out, disorientated, tired and weary, but determined to embark on a new heroic journey and not give in to disappointment and loss. You can read the full poem on this link:

<http://www.eecs.harvard.edu/~keith/poems/Ulysses.html>

Many of you may be familiar with the poem, and especially the famous last lines:

"Come, my friends,
'Tis not too late to seek a newer world
Tho' much is taken, much abides; and tho'
We are not now that strength which in old
days
Moved earth and heaven, that which we are,
we are,
One equal temper of heroic hearts,
Made weak by time and fate, but strong in will
To strive, to seek, to find, and not to yield."

Amidst all the fear, of financial loss and job loss and other changes too that we all face inevitably through our lives, we need to remember who we are in our essence, who we have the potential to be, and use the crisis as an exciting opportunity to be the hero of our own life.

My coaching client Lisa from Lehmans is responding to her job loss as a call to adventure, an exciting springboard from which to charge forward and discover her true vocation, something that will reflect who she really is, that will be illuminated by her values. Adversity therefore creates a real opportunity to find deep fulfilment in a work that rewards beyond the material and reflects her at her best. (She actually started working with me a few months before Lehmans collapsed with a view to discovering and creating her true vocation and was happily already on her journey with a head-start.) At the moment we're considering what her values, strengths, and personality type suggest about inspiring work paths outside banking, and anything and everything is still possible. I'll keep you posted, but we're both excited to see what lies ahead at the end of this particular journey. Lisa has kindly given me permission to include her story here and is happy to give readers an update on her progress in due course!

Joseph Campbell, one of my favourite writers, once said that "the privilege of a lifetime is being who you are." That brings us back to Tennyson's wonderful line "that which we

are, we are." In order to be fully who we are, to discover our depths and potential and then to live it, we are usually called on an adventure or quest. This could be a sea voyage like that of Ulysses, or Bilbo Baggins' semi-reluctant quest with the wizard Gandalf and the dwarves to find and kill the dragon and seize the treasure (I'm currently reading "The Hobbit" to Christopher, my 10 year-old son), or it could be exploring your own new worlds like my lovely Lehman's client is now doing. Or you in your own adventure, whatever it may be. As Campbell writes, "We must be willing to get rid of the life we've planned, so as to have the life that is waiting for us. The heroic life is living the individual adventure."

The hero's journey in Campbell's account involves leaving our familiar existence after a call to adventure, crossing the threshold, venturing out into the unknown, our sea journey, and going through tests, trials, initiations, facing danger as we discover our prize or treasure, whether it's finding wisdom, waking the sleeping princess or our own metaphorical inner sleeping princess, or finding an elixir for the restoration of society, like the New Orleans Saints, and bringing back our precious elixir to humanity in order to renew it.

We have an opportunity for alchemical soul-making right now, individually and collectively, a chance to transform a superficial, unconscious life based on material security and the performance of our stock portfolios to a life lit-up with the full range of magical possibilities in our potential, waiting to be discovered, a life illuminated by cultivating our intelligence and our soul.

Joseph Campbell differentiates between the ego and the self: "The ego is you as you think of yourself. You in relation to all the commitments of your life, as you understand them. The self is the whole range of possibilities that you've never even thought of. And you're stuck with your past when you're stuck with your ego. Because if all you know about yourself is what you've found out about yourself, well that already happened. The self is a whole field of potentialities waiting to come through"

Whatever your own call to adventure looks like, whether it's a wizard knocking at your door, an inner call to transcend the joyless hamster-wheel of draining routine, or a redundancy package, why not embrace faith rather than fear, seize the chance to "seek a newer world," connect with your own heroic heart like Ulysses, uncover what's waiting to come through in you, and be the hero or heroine of your own life?

Five Daily Habits For Happiness

http://www.timesonline.co.uk/tol/life_and_style/health/mental_health/article4988978.ece

The article tells us "there are five categories of things that can make a profound difference to people's wellbeing," actions that should be done daily for best results...connect with others, be active, take notice and enjoy your surroundings, keep learning, and give back to others. This advice reminds me of the "ten daily delicious habits" I invite my coaching clients to list and adopt as an aid to daily happiness. And certainly the focus on living deliberately and consciously is something I agree with as a coach and

something I work on with my life coaching clients and my executive coaching clients, as well as focusing upon living in the present and enjoying all the moments and experiences it has to offer.

What are your reflections on daily habits for happiness? Let me know and I will try to include your thoughts in a future issue.

Group Coaching Programme

Group Coaching Programme, starting in January. Free Information Call on Thursday, November 6th at 8 pm. Register for the call now: nicola@la-vita-nuova.com Only a few days left before this free information call on the group coaching programme and so sign up now to reserve your space.

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.

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.

To reserve your space for the next group coaching programme (and spaces are limited), or to enquire about signing up for the informational call about it starting soon on November 6th, please email Nicola on nicola@la-vita-nuova.com or phone on 0845 222 0258.

Update on what Nicola is doing in October

- enjoying teaching "Questioning" for Coach U. Exploring the power of thought-provoking, assumption-challenging questions as a crucial coaching tool and teaching new coaches how to help their clients develop and think more deeply with powerful questioning.
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- looking forward to the International Coach Federation in Montreal in November, coming up soon now, especially the keynote talks from Peter Senge on creating learning organizations, and from Buddhist Matthieu Ricard on creating happiness.
 - preparing to teach "Messaging" for Coach U in November (and it's not about text messaging techniques, though mine are improving with my new iphone!)
 - playing with our delightful new Himalyan kitten, Katmandu who loves watching television and keeping her paw on the remote control
 - planning a pre-Christmas family holiday to Disneyland Paris.

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