



Your New Life: Inspiration for Personal and Professional Fulfilment

September /
October, 2009

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Welcome to the autumn and our September/October newsletter and a warm welcome to all our new ezine subscribers! It's been one of the loveliest Septembers I can remember, the start of a new school year, and the start of what always feels like a new year to me, my birthday being in September!

I've just got back from walking my son to the school bus stop. It's the most glorious brilliant autumn morning, the kind of morning that is so bright and shiny it looks like everything has been cleaned and polished with a cosmic sponge. The sunflowers are stunning and the sky is dotted with bright hot-air balloons, full of tourists admiring the scenery around Bath. Yes, it's one of those mornings that makes you want to sing ("Oh What A Beautiful Morning," "Morning Has Broken" etc. etc!).

This month I'm inviting you to listen for your call to adventure, as you prepare to enjoy the last quarter of 2009 and get ready for an extraordinary 2010.

It's just 12 weeks to next year (!), and my articles for the rest of the year will help you take full advantage of this time so that you can prepare for a wonderful journey next year.

In January, I'm launching a new group coaching programme designed to create a supportive and inspiring structure for your 2010 journey, with a group of like-minded people all determined to achieve extraordinary things next year. Read about how to reserve your place below.

Enjoy the rest of this beautiful autumn and do forward this newsletter to a friend (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 days,

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Listen for your Call to Adventure

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you have one?

In a story, it's the moment when the hero or heroine is invited on a quest or journey, when the day-to-day routine of their ordinary life is interrupted by something disruptive, exciting, unsettling, different... It could be the hobbit, hearing a sudden knock at the door from a wizard, or Dorothy in The Wizard of Oz when the tornado strikes...

Whether your call to adventure is a subtle sense of "is this all there is" in your life, a feeling that creeps up on you by surprise when you wake up in the morning, a longing to express your full potential in your life and work more completely, or whether it's something dramatic, like an unexpected redundancy, relationship breakup or significant life change, the invitation is there to expand, grow, create something exciting and new in your life and work..

Whether or not you choose to follow your own call to adventure (and some you should and some you shouldn't, only you can tell for sure), in order to create the most expansive and exciting results, you need to be prepared. When you chose your dream goal for 2010, you need to be poised for action in order to take full advantage of your opportunities.

If you were planning to climb a mountain or run a marathon in January, what would you need to be doing now? You would need to embark on a systematic training programme to energise yourself, become as physically fit and healthy as possible, eliminate any energy drains that might prevent you from moving forward.

And that's what I'm inviting you to do today....

With the remaining 12 weeks of 2009, here is your challenge (and I hope you choose to accept it!):

1. What do you need to do to become physically fit and energised before next year? Now is the time to start! Whether it's going for a 30 minute run round the park on these lovely autumn mornings, starting work with a personal trainer, embarking on a programme to lose that last 10 pounds, now is the time to do it!

Chart your goals and break them down week by week to get you at your most energised and glowing best by the end of the year. What is your plan for this week? And next? How will you know you've achieved it?

2. Look at your physical environment, where you live and work, and consider what drains your energy...Does your house need a fresh coat of paint or new carpets? How would your front door feel to come home to if it was painted a vibrant violet rather than black? Have you decluttered your wardrobe recently and filled it with clothes that make you feel great? What about your personal filing system? You get the picture!
3. Consider your health and emotional balance... What negative habits of thought do you need to break? Have you got a habit which isn't helping your energy, whether it's an addiction to gummi bears or cigarettes or wine? What is the quality of your sleep and

wellbeing? What changes do you need to make to create ideal energised balance?

4. Think about your finances. Do you have any financial loose ends which need to be resolved, whether it's sorting out your taxes, switching mortgages, starting a savings plan, planning your financial goals?
5. What about your relationships? Do they bring you joy or bring you down? What can you do to make positive changes? And what does that mean doing this week?

By focusing steadily on these areas over the next 12 weeks, you'll be able to really follow your call to adventure in 2010, start your journey with the best possible chance of success.

Get Ready For Your Journey; Take Advantage Of Our Special Offer and Join The New Coaching Group

JOIN our supportive, inspirational group coaching programme starting in January, 2010! Here is an accessible coaching programme offering an affordable investment in expert coaching to everyone who wants to make 2010 an exceptional year.

Are you ready for the 12 week challenge I've outlined in my call to adventure article? Are you ready to make 2010 your break-through year?

Why not join our group coaching programme starting in January?

Whether you're a past client who wants ongoing inspiration and structure to help you exceed your goals next year, or a prospective new client who is unable to afford my one-to-one fees but still wants to work with me, or simply a prospective new client who wants the support of like-minded individuals as they start their journey in 2010, join us.

The course includes two monthly group coaching sessions you can attend from the comfort of your own home (as we'll hold them over the telephone) a group online community where you can connect with and support each other, and coaching programmes, as well as individual guidance from me on your Enneagram personality type.

I have an exciting special offer for the first 8 people to sign up for the group coaching programme....you can bring a friend for 50% off, so effectively you're either both coming with a big discount, or you are offering the programme to them as a Christmas present! The cost is £516 plus vat for 6 months, from January to June 2010; so if you're one of the first 8 to sign up and you split the cost with a friend, you get the great value of £387 plus vat each for the 6 month course.

Contact my lovely assistant, Helen, now to reserve your place: helen@la-vita-nuova.com

UPDATE on what Nicola is doing

- Enjoying my birthday at Dartmoor in Devon earlier this month! Highlights include cream tea on a sunny afternoon in The Walled Garden tearoom (see picture), hiking on Dartmoor and seeing wild ponies, drinking champagne in the The Walled Garden Tea Room hot tub, and going to see my first ever football game!
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- Giving a sold-out talk at Home House to fellow members on Life Surfing.
 - Talking to several companies about running Enneagram-based leadership development programmes
 - Helping my son begin his wonderful new Bath secondary school; to fellow parents, I will just say that the state of his pristine new uniform after 3 weeks reminds me of Beatrix Potter's "The Tale of Tom Kitten."
 - Being referred several new coaching clients from my delightful past and present clients --thank you.
 - Getting my house painted, following my own advice in the 12 week challenge! Have become an expert in Farrow & Ball colours such as Pink Ground and Pavilion Blue, and looking forward to not having to camp out in my own home! Garden Angels
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- Reading an enthralling novel which I thoroughly recommend, Curtis Sittenfeld's "The American Wife."
 - One of my favourite pictures I wanted to share with you, Garden Angels by Faith Nolton, which reminds me of my own garden.

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.

