



Hello Nicola,

Yay, it's almost Spring!

This month I'm sharing with you how to get started on your fun journey to exciting personal and professional change.

How fulfilled are you feeling right now, at work and in terms of your life as a whole?

Are you where you want to be in 2015?

Whether you want to get promoted, move to another company, change career, start your own business, or just feel more fulfilled and authentically successful professionally and personally, [the article below](#) will help you get started.

February 26, 2015

Did a friend forward this ezine to you? If you like it and want more [just join our list](#) for future issues.

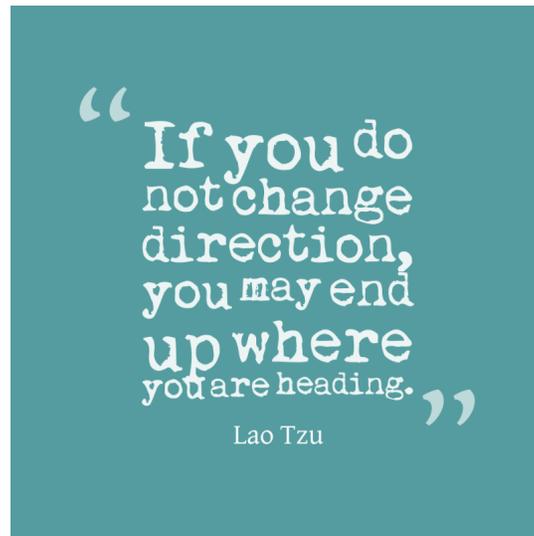
Let's Connect



Work with Nicola

[Work with Nicola](#) to create the life and work of your dreams!

[Explore our various coaching programs:](#) personal coaching, executive coaching and retreats.

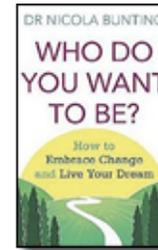


And speaking of change, YOU are invited to my new **complimentary webinar** "Make Change Fast, Make Change Last ... Discover the FUN, Easy, No-struggle Way to Get from Where You Are to Where You Want to Be." [Get all the details and save your seat here!](#)

How has your 2015 started? So far, I've been to Amsterdam to do some team-development and executive coaching at Unilever, to Rome for fun in February (though I got a chest virus and was only distracted by Giolitti ice-cream!), and right now I'm getting ready to do more team-development in London, then off to work with a senior team in Africa in a few weeks ... all while enjoying my individual executive coaching clients, too!

I've given talks at Soho House and Electric House, and am talking at Babington House next week. And I'm excited to be featured in *Prima* magazine this month in an article on creative time-wasting!

Very excitingly, I'm preparing **my first group coaching program** starting in March -- [Star Power: Record Results with Record Joy](#) -- a 10 week step-by-step course to get from where you are to where you (really) want to be, and to help you discover what that elusive dream destination actually looks like! To get an advance peek at the starry possibilities, you can read about it here: www.la-vita-nuova.com/starpower. Let me know if



Have you read it?

Best of the Blog

[Do You Need to Go Away to Come Back to Yourself?](#)

[From How to Wow: Create Bespoke Balanced Brilliance in Your Life AND Work](#)

[The 10 Habits of Happiness](#)

Quick Links

[Newsletter Archive](#)
[Our Website](#)

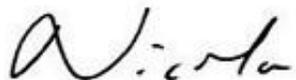


you want to have a chat about it to see if it's right for you. [Email me](#) to find a time.

I got an email from a client this week, someone I loved working with in 2013-14. She sent me the vision board we created for her last year, telling me she is in talks with a publisher about writing a book on fashion and is in a happy relationship AND pregnant, and that she couldn't have imagined that the vision board would come to precise beautiful life in the way it has. And they do!!! I'm so happy for her.

Let me know how you are and if I can help you with *your* journey to change.

Bye for now,



Dr. Nicola Bunting
Nicola@La-Vita-Nuova.com

P.S. Did you pick up your free Star Power Treasure Map yet? It's only available for a few more days. [Get it here](#).

Here's what one person said about her Treasure Map:

"I want to be a brighter star in my own life and help others shine in theirs. Your treasure map is cute, clever, and creative." -- Virginia



Featured Article

Risking Change ... Do You Dare?



"And then the day came when the risk to remain tight in a bud was more painful than the risk to bloom." ~ Anais Nin

Is today the day?

We're balanced on the cusp of change ... from winter to spring just around the corner ... from morning peacefulness to flurry ... from you remaining constricted in a life or career that is too small for you, that doesn't bring you alive ... to risking being more of who you are (if you only knew what that was).

Do your life or/and career sometimes feel like a shoe that is two sizes too small? You know there's more for you -- you can be more, do more, feel more joy, have more fun, be a more brilliant version of yourself -- and yet, you are so busy right now, maybe feeling a bit drained, a bit unfocused, a bit distracted. The technicolour version of you is just that tantalising bit out of reach. So maybe next weekend you will think about what you really, really want ... and so it goes.

This is what usually trips you up. In years of experience as a personal and executive coach, I've discovered that when people finally do get around to thinking about creating positive change, they start with premature goals. They will jump into fixing on, sometimes almost arbitrarily, what they think they should want, what their parents wanted for them, what their friends or partner

what, what they've read about it in the FT "How To Spend It" section -- somebody else's dreams. The goals you choose are often not a great fit for who you *really* are and they have little real passion or authentic drive behind them. They are not part of a bigger vision that fires you up. In fact, they are too small for you really, based on what you think you want and how you assume that will make you feel -- a quick fix, lacking commitment. So what happens? The goals fizzle out ... keep you constricted ... there is no real energy in them.

How do you know when you've got this right? You feel thrilled, energised, joyful, passionate, committed, you crystallize your vision, you make your plan, you take action. And you start TODAY...not because you should, but because you want to -- actually because you HAVE to.

So how do you start? In my experience there are two perfect starting points. First, who are you really? No, I mean *really* underneath the layers of habit, fatigue, expectations, disappointments ... who are you at your absolute best? If you are in a bud form right now, what does the blossom version look like? Let's move beyond a superficial understanding to a deeper appreciation of the unique individual you are.

Here's how I uncover this with my clients. I am trained in Enneagram personality profiling, which is soulful, dynamic, expansive and revelatory! I also use a deep strengths analysis to uncover what you are truly great at, not which you think you're good at necessarily, which could be a learned behaviour. The key question is: Does it energise you? If you're good at something but it doesn't excite you, it could be something you've learned to do, which goes a bit against the grain and drains you. If it's a true strength you are brilliant at, you have fun using it, you get in a state of flow, you lose track of time, you feel inspired!

Essentially, what are your star powers? I recommend this as the place to start.

Next, how do you want to feel? Underneath the goal, underneath the word, what is it that speaks to you? For example, success. If you're a leader of a senior team and you want to feel more successful, what does that mean to you? How

will you feel? How will you know you're successful? What will your Mondays look like, feel like? How will your Sunday evenings be? What will you be doing, feeling, enjoying at the weekend? I suggest you enhance and expand your definition of success to see what it means for you uniquely. What does it feel like for you to express your brilliance more completely, in a more fulfilling way?

Don't get overwhelmed! If you take it step-by-step everything will start to open up for you (Including yourself!). To get you started I have two complimentary gifts for you:

1. Your own Star Power Treasure Map to help you chart your course from where you are to where you want to be. [Download your Treasure Map here.](#)
2. Join me for my no-cost webinar on March 5th -- **Make Change Fast, Make Change Last ... Discover the FUN, Easy, No-struggle Way to Get From Where You Are to Where You Want to Be.** [Save your seat right here.](#)

Please share your comments and questions for me [over on my blog.](#)



About Nicola



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 fulfillment. 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. Learn more at www.La-Vita-Nuova.com.

You are receiving this email because you subscribed to receive a newsletter or ecourse or made a purchase from Nicola Bunting or La-Vita-Nuova.com

Privacy Promise - I will never release, sell or give a subscriber's name or email address to any other party or organization, my promise to you!

* In the spirit of full disclosure there may be affiliate links within this broadcast, as indicated by a * beside the link.

Copyright © 2015 All Rights Reserved.



[Forward this email](#)



This email was sent to nicola@la-vita-nuova.com by nicola@la-vita-nuova.com | [Update Profile/Email Address](#) | Rapid removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

La Vita Nuova | 180 Piccadilly | London | England | W1J 9HF | England