



## Your New Life: Inspiration for Personal and Professional Fulfilment

November, 2009

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Welcome to our November newsletter, which I hope will be an illuminating spark in the current stormy weather. And a warm welcome to all our new subscribers--it's great to have you with us. I hope you get all (and more) you're looking for.

This month I'm inviting you to clarify and set your intentions for a brilliant and successful 2010. My article will talk you through how to set intentions that reflect what you most want to create for yourself over the next year.

It's now just 4 weeks to next year and 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 how to reserve your place below.

And it's Thanksgiving week, a great reminder to stop and reflect on all the amazing things in your life that you're grateful for. My son still ends the day with a prayer of thanks for all his blessings, and I feel inspired listening to him. Positive psychologists tell us that regularly taking time to fully appreciate all the joys of the day really makes a difference to our long-term happiness. I've noticed in my own life, as well as in my clients' lives, how focusing on beauty, love, and connection really expands our awareness of these qualities. Focusing on what we're grateful for allows us to become more aware of everything that's good in our lives, instead of giving our energy away to things that drain us. As Elizabeth Barrett Browning writes, "How do I love thee/Let me count the ways." Let's count the ways we're grateful! Happy Thanksgiving everyone!

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Do forward this newsletter to a friend (using the button below to keep formatting) and get in touch if you have feedbacks or requests for this ezine, or if you have a question you would like me to address in the next issue.

Warm festive wishes,

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## Get Ready... Take Advantage Of Our Special Offer and Join Our 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 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 Â£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 Â£387 plus vat each for the 6 month course.

Reserve your place now: email [nicola@la-vita-nuova.com](mailto:nicola@la-vita-nuova.com)

## Get Set! Setting Your Intentions For A Brilliant 2010

As you count the ways you're grateful for your 2009, why not take some time out to reflect on how you want to feel this time next year? What do you want 2010 to be like for you?

If you consciously decide on what you want to achieve in 2010, you stand a much higher chance of making your dreams a reality than if you just take a passive stance and see what happens to you. If you don't bother to define your dream destination, you risk ending up somewhere disappointing.

Setting crystal clear intentions for your new year is powerful. Sadly, we often spend more time planning our weddings or our holidays than planning our lives. (And yes, there is still lots of room for spontaneity if you set your intentions!)

So let me invite you now to take an hour, find your

favourite comfortable place, maybe in front of the fire with a hot chocolate, or glass of champagne, take a journal or any blank notebook, and let's get started. Really focus on your vision for yourself in 2010; what do you want to create for your life and your work in the next year?

Ask yourself...Where do I most want to be by this time next year? Whether it's your career, your personal relationship, your spiritual life, your finances, your happiness level...write down one clear intention for each area.

At this point we're not writing down specific goals (that can come later), but instead following our instinct and our heart about what direction we want to go in, how we want to feel.

If you feel inclined (and only if), share your thinking process and reflect more deeply on your intentions.

Keep your journal/notebook somewhere accessible. You might want to write your intentions on a card and keep it in your diary or on your desk at home, somewhere visible.

Next month we'll explore how to turn your intentions into actions and results!

## UPDATE on what Nicola is doing

- Holding a Vision Day for an amazing client, who wrote me this the next day: "I loved our day together and am feeling much more at peace now I have a plan as to the way forward. Thank you. I find working with you nothing short of inspirational and motivational!"
- Planning an Enneagram training and coaching programme for the board of one of my corporate clients
- Preparing a Coach U class on "Personal Foundation for Coaches"
- [Have started Twitter!](#) Let me know if you are Twitter on it too, so we can connect.
- Recently back from holiday where I had several adventures (see photo for one of Nicolathem!), and was invited to perform a rumba on a ship in stormy seas (wearing high heels of course!)
- Looking forward to the switching on of the Bath Christmas lights by Nicolas Cage on Thursday and the start of the Bath Christmas market
- Trying to get hold of some ruby slippers (like Dorothy's from The Wizard of Oz) from Harrods



## 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.