



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

June, 2009

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### La Vita Nuova April News: Celebrating Spring And New Beginnings!

Welcome to the June issue of "Your New Life: Inspiration for Personal and Professional Fulfilment," and a special hello to our new subscribers!

Whether you're in the boardroom or at Glastonbury as June ends, let me introduce you to the concept of Life Surfing in my feature article this month! It's all about understanding the waves in your life and being ready to catch the exhilarating opportunities as they appear before you. I'm writing a book on this topic and would love any insights or personal reflections you might want to share-let me know!

Also this month, I'm extending a very special offer to former and current coaching clients and my ezine subscribers and inviting you to schedule a Vision Day with me for half the normal cost. This is your opportunity to have a one-to-one 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. The offer has limited availability and must be booked before September 30th, after which the normal price applies. [One to One Vision day with Nicola.](#)

Let me know what you'd like me to write about in future issues and what your feedback is on this one. And do forward this newsletter to a friend who might benefit, using the button below to preserve formatting.

Warm wishes for a magical summer,

### Newsletters

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### LIFE SURFING: HOW TO CATCH YOUR NEXT WAVE

What comes to your mind when you picture a graceful

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surfer on the crest of a huge wave.....exhilaration, harmony, connectedness, balance, beauty? What if you could approach your life with the same qualities, poised and ready to catch your next wave and seize all the extraordinary opportunities in front of you? The great news is that you can and let's explore how...

Hawaiian surf instructor, Kahuna Bob, explains the importance of understanding the waves and how to catch them, while simultaneously learning the technique, maintaining balance, co-ordination, and confidence. Life surfing is very similar. My years of experience coaching clients to extraordinary success often make me imagine surfers....

### **You need to be ready to catch your wave....**

If the surf is up, to take advantage of it, you need to be in good physical shape, have your surf board ready, and have the skills to go out there and surf. Similarly, in life, we need to be in a physical, emotional, and mental place of readiness, where we feel good, energised, and not held back by physical or emotional clutter from the past. With my coaching clients, we spend the first weeks of our sessions clean sweeping their lives, eliminating negatives and creating momentum so they are ready to embrace positive change.

### **You need balance and harmony....**

In life terms, that means knowing who you really are, what your needs, values, and strengths are, what your mission or purpose in life is, what matters and what doesn't. Again, with my coaching clients, we explore these crucial inner areas in order to create balance and harmony and readiness to move forward.



### **You need focus, clarity, and to live in the present moment...**

If you live in the present moment, not in your past or your future, you have the focus and energy to notice opportunities and seize them. You may know the study which explores the difference between "lucky" and "unlucky" people: the lucky people are the ones who spot the opportunities in front of them and then take action.

### **You need to know you can and to be determined to do it...**

As Kahuna Bob says, self-confidence and courage are crucial for successful surfing. So too for moving forward in life. Two of my clients this week emailed me to let me know they have just received amazing promotions....one to the CEO of his international bank, and another to the Director of one of the main divisions of a luxury consumer company. Both told me how much the positive momentum from coaching had allowed them to step up to opportunities they couldn't have imagined just a year ago. To read the story in his own words of one of my clients receiving a significant promotion this month, [click here](#).

**You need to go for it wholeheartedly...**

When the surf is up, it's no time to be working on spreadsheets or making excuses. It's time to embark on an exhilarating journey with readiness, vision, and faith, creating flow and harmony. Just picture that surfer and now apply that image to the opportunities in your life. Are you ready to catch your next wave?

**GET INSPIRED: Book a One-to-One Vision Day with Nicola**

I'm extending a special offer to former and current coaching clients and my ezine subscribers and inviting you to schedule a Vision Day with me for half the normal cost.

This is your opportunity to have a one-to-one 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 benefiting from a coaching course, but want a turbo boost forwards.

The offer is available from July until September only, after which my normal fees apply and so contact me if you would like to reserve your day or learn more about where we'll be (somewhere inspiring, usually in beautiful natural surroundings, the location to be decided between us) and what's involved: [nicola@la-vita-nuova.com](mailto:nicola@la-vita-nuova.com)

**UPDATE on what Nicola is doing**

- Being interviewed by Woman & Home this month as their selected coach for a piece on women and transitions. It should be in the September issue.
- Teaching Creating the Vision and Acknowledging for Coach U. Reflecting on what's involved in creating a personal vision, raising your personal standards, listening to and following your calling..
- Celebrating the achievements of my clients, including two amazing promotions this month
- Organising and enjoying a Spiritual Retreat for the UK MCC coaches
- Partying at the Summer of Love Sixties celebration at



the Home House ball this month, a riotous night; see photo of me in 60s costume! Highlights included dancing to the Beatles tribute band, and the recreation of Woodstock in the garden!

- Booking a summer holiday by the sea
- Enjoying the roses in my garden!

## Testimonial

"My coaching with Nicola Bunting of La Vita Nuova has been enormously helpful in my personal development overall and in moving me forward professionally over a short time span.

About three years ago, in my mid-forties, I started to take stock of my life and concluded there was nothing to complain about: nice, well-paying job, good relationship, lovely apartment, great lifestyle with many foreign trips and exotic holidays. The point that nagged me was that things were actually a little too cushy, I didn't feel I was exerting myself and felt I was a little too young to start to coast towards (early) retirement. Something was missing, life wasn't particularly challenging and ultimately a little frustrating.

At that moment a very dear friend mentioned to me that he was working with Nicola Bunting and felt he was getting huge benefit out of doing so. Not only that, he highly recommended her and felt it was something I should be doing. Mapping out with her my emotional and spiritual DNA, raising my self--awareness and, ultimately, understanding my existential drivers and values was hugely beneficial in putting me on a clear path towards a much more gratifying life, more profound relationships and a career change which I would not have contemplated let alone dared to undertake without Nicola's help. That career change in the fall of 2007 has now led to a rapid promotion to head the non-US business of my firm with responsibilities spanning the globe and operations in Europe, Asia and Australia.

I don't think I would have seen myself capable of doing so even a few months ago! Now I obviously have to make it work!

Thanks again!  
Mike"

## 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.