



Ezine

Your New Life:
Inspiration for Personal and
Professional Fulfilment

November 2013

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Hope you're enjoying a sunshine state of mind on this rather freezing November morning!

The autumn has sped by like a magical mystery tour for me, and I hope you have enjoyed the vibrant colours and change of energy with the season.

I enjoyed my Platinum Programme group weekend in Dublin earlier this month, with workshops on happiness and creating everyday magic by translating your vision into daily reality. We went into the mountains to listen to live Irish music (and join in singing "It's A Long Way To Tipperary!") and into the centre of Dublin to the Winding Stair restaurant by the river. Everyone loved it!

Other highlights include being chosen for the NHS Leadership Academy as one of the UK leadership coaches for top NHS leaders, delivering more Authentic Leadership workshops, being invited to deliver a Nine Domains team-building workshop in Germany in December, working with a new client in Africa, giving a talk at London's Soho House, and being interviewed by the [**Financial Times and Essentials Magazine**](#).

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This month I'm delighted to share with you "[**The Ten Habits of Happiness**](#)," which I hope you'll find practically inspiring, to offer you a special opportunity to choose [**an unforgettable Christmas present**](#) for someone equally special, and an invitation to register your interest for [**Platinum 2014**](#).

Please [**get in touch**](#) with your questions and stories. I always love to hear from you.

Connect with Me



Until next time,

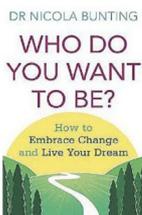
Nicola

[**Book Order**](#)

"Who Do You Want to Be" by Dr. Nicola Bunting. Follow the link



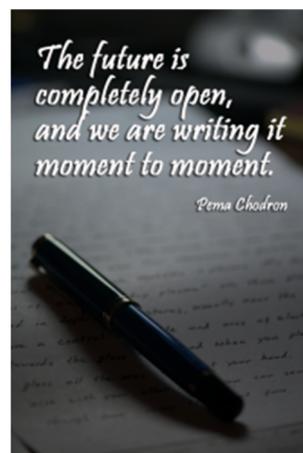
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The 10 Habits of Happiness

How happy do you want to be? How happy will you allow yourself to be?

The beautiful and surprising thing is that we are mostly in charge of our own happiness: only 15% of our happiness depends on external events, according to studies. So the first happiness habit is to decide to be happy and then to work out what YOU need to do to get there.



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14 years of successfully coaching people to get happier, more fulfilled, and fundamentally more delighted with their lives and their work has helped me come up with this list of the top 10 happiness habits that make all the difference:

1. Big picture: consider when you've been happiest so far and what makes you light up. If you imagine your happiest life, your most fulfilling work, what would it look like? Create your personal vision, write it down, illustrate it. Use it to create your own road-map and plan for the next year. See my [book](#) for more details on how to create your own vision day to help you do this.

Children are happy because they don't have a file in their minds called "All the Things That Could Go Wrong."

Marianne Williamson



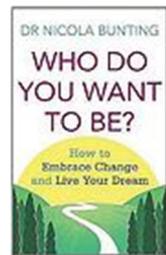
2. Your perfect day: imagine (not Lou Reed!) what your dream day might look like from start to finish, from breakfast to bedtime... make it specific... then plan a day to live it sometime soon. Why not? YOLO (you only live once!), as my teenage son is fond of saying.

To continue reading [click here](#).

Looking For An Unforgettable, Wow (Maybe Life-Changing) Christmas Present?

As a special offer to my newsletter subscribers, I'm offering you a gift voucher for a one-hour coaching session with me, face-to-face, at beautiful Home House in London, or by telephone if you prefer, for £100 plus vat (my usual rate is over £400 for a face-to-face session). I only have 12 available, so [email me](#) asap to request your gift voucher if you would like one.

Or, why not buy my new book, "Who Do You Want To Be? How To Embrace Change And Live Your Dream" for a Christmas present that will support and inspire your friends or family member through all kinds of positive adventures in 2014? It's had rave reviews, and is a present that will literally keep on giving. Click [here](#) to buy your book.



Some reviews on Amazon:

- * 'just wonderful'
- * 'a real page-tuner'
- * 'a joy to read'
- * 'a great investment'
- * 'Inspiring, uplifting and playful, Nicola Bunting manages to convey wisdom on a very deep topic and clearly'
- * 'It really speaks to the reader particularly those at a cross-roads in their life'

Platinum 2014: Register Interest Now

Do you want to make 2014 your best year ever? Why not consider joining my very unique invitation-only Platinum Programme, which delivers a year of inspiration and the opportunity, support, structure, community and fun to clarify and crystallize your dreams and turn them into reality?



You will enjoy 2 weekend retreats in Capri and Dublin, an individual Vision Day, one-to-one coaching and group coaching. This year participants have got stunning results,

with half of them being awarded huge promotions and all of them enjoying more happiness, fulfilment and work-life balance.

Everyone tells me it has exceeded their already high expectations, and that apart from their practical wins, they have made a wonderful new group of supportive high flying friends. To register your interest in joining Platinum 2014 and book a conversation with me to explore if it's a good fit for you, please [email me now](#).



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ABOUT NICOLA & 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 create a coaching plan to help you design and create an extraordinary life and work.

You can learn more at www.la-vita-nuova.com

*And don't forget to read my Blog at
drnicolabunting.wordpress.com/*