



Hello Nicola,

As I write this, it's a rainy October morning, and we're on that interesting cusp between reflecting on 2015 and what we intend for that beautiful new year just 2 months away.

I have something fun and enlightening for you in this month's article: [That Sinking Feeling: Burnout? Brownout? Whiteout?](#) I hope it's life-uplifting, work-inspiring. Let me know how it lands for you.



I've had an exciting last month or two, travelling to Ghana and El Salvador for successful and thrilling executive team development. Scary moment earlier this month between Miami and London ... plane got detoured to JFK due to violent passenger, police & FBI arrived, and everyone got ready to send their last texts. Very happy to be back in Bath!

I'm leaving shortly to do more team development in Tanzania, and then in Miami again the week after that. Otherwise, I've enjoyed giving workshops for the Young President's Organisation on Energy Management, taking a Leadership Agility course in London, and getting ready to deliver a 2-part workshop to Home House members and their friends called "Make 2016 Your Best Year Ever" in November and January.

My new group membership program has started: [Star Power: Record Results With Record Joy](#) -- and November, December, and January are the perfect months to join us and make 2016 everything you know it can be for you. [Read more below.](#)

On a personal note, my son, Christopher, has been applying for universities and we've had lots of bonding over UCAS forms and personal statements! If you have a child in U6 this year, you'll know what I mean!

Let me know how I can help you and please keep in touch.

October 29, 2015

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

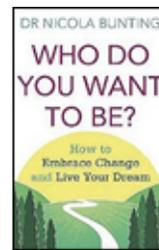
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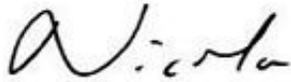


*Have you read it?*

Best of the Blog

[Savour Your Summer Time](#)

Sunshine and stars,



Dr. Nicola Bunting  
[Nicola@La-Vita-Nuova.com](mailto:Nicola@La-Vita-Nuova.com)

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Featured Article

## That Sinking Feeling: Burnout? Brownout? Whiteout?



I was in the middle of a team-development session in Ghana last month, when suddenly the lights flickered and went out. We were in the dark. The presentation cut out. "Oh no," I said, "I need to come up with a creative, spontaneous team-development in the dark exercise!" Everyone laughed and said don't worry, this happens all the time ... the lights will come back on a minute.

And they did!

The technical name for what happened to us is a "**brownout**," a drop in voltage that causes lights to flicker or dim.

Let's go back to that sinking feeling ...

[Click here to continue reading](#)

To have a chat about how you can take your individual and team performance to lit-up levels [contact me](#) and we'll find a time to talk.

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## Programmes & Events

### **NEW PROGRAMME!**



### **STAR POWER! RECORD RESULTS WITH RECORD JOY**

As 2015 draws to a close and we look forward to a shiny new year full of life and possibilities, why not make 2016 the year you sky-rocket your energy, achieve sustainable brilliant results and work and have more fun?

The **Star Power** membership program gives you the clarity, self-awareness and step-by-step structure you need to make a big positive change, realize your full potential and experience phenomenal success with grace, confidence, energy and joy. It's designed to be accessible from wherever you are in the world and affordable whatever your budget.

**You can read all about the programme here:**

[www.StarPowerResults.com](http://www.StarPowerResults.com)

**Star Power** will take you on a structured journey from where you are to where you want to be and help you get clear about your perfect vision and goals -- personal and professional -- then translate them into 3-dimensional reality.

**If you would like to have a chat with me** to make sure **Star Power** is right for you, or if you have questions about the programme, I'm happy for us to find a time to talk. [Message me](#) and we will get it organised.

**[CLICK HERE TO JOIN NOW](#)**

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**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](http://www.La-Vita-Nuova.com).

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