



Your New Life: Inspiration for Personal and Professional Fulfilment

April 2011

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Hello and welcome to Spring!



This April we're enjoying summer in the midst of spring ... out in the garden, swinging on the swing, lounging on the lawn, enjoying the sunshine.

It's time for chocolate, bunnies, flowers and Easter....with long weekends ahead to luxuriate in and enjoy. It's even almost time for the Chelsea Flower Show again!

The wisteria is in full bloom on the front of my Georgian house, Wisteria Cottage, in Bath...one of my favourite times of year.

This month I'm writing about "The You That You Will Be," enjoying Vision Days with my clients and inviting you to schedule your own Vision Day, coaching, writing my book, and getting ready to go to Capri for my Platinum Programme May coaching retreat.

I hope you enjoy this month's newsletter, and as always, I love your feedback, thoughts, and questions. So keep them coming, and why not join me on Twitter, @LVNCoaching?

Until next month, wishing you a Hoppy Happy Easter and reminding you to seize the day!

Warm wishes,

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**The You That You Will Be: Finding Your Truest You**

"It's never too late to be what you might have been." George Eliot

How does the actual you right now compare to the you you have the potential to be?

Think about the moments in your life when you've felt happiest, most connected, peaceful, joyful. Who were you in those moments?

We can sometimes get so distracted by fear, anxiety, uncertainty, and general daily commotion that we lose sight of who we are at our best and the happiness we have the capacity to enjoy. In a sense we can alienate ourselves from our best self and temporarily lose our way.

I've been thinking recently about time and about happiness. Time is the ultimate non-renewable resource....once an hour, a day, a weekend has gone, we can't get it back or recreate it. Life really is about seizing the moment, seizing the day, carpe diem, about committing yourself wholeheartedly to living fully engaged in your life, making your present a true gift. It's about choosing to live in a way that expresses you at your best. It's about taking your next step forward with faith. As St. Augustine said, "Faith is to believe what we do not see; and the reward of this faith is to see what we believe."

Think about a time when you felt happy, calm, confident, when you felt you were being your best self. Chances are you were living your values in your life and work, taking action in a focused way, not letting fear or procrastination paralyse you into putting your life on hold.

What are your top values, the qualities that inspire you and light you up? Mine are Love, Fun, Loyalty, Beauty, Connection, Wholeheartedness. Whenever I have a decision to make, if I ask where my values lead me, the answer is usually clear. If you ask your values to be your signposts showing you the way forward, you'll always see the light of your morning star.

Apart from knowing and listening to your values, I also believe in taking action to move forward, not putting things off just because you feel unready, because not every detail is resolved, because you're scared. There is something magic about refusing to put your life on hold, about feeling the fear and doing it anyway, about taking one big step forward with faith, hope, courage and focus, determined to seize the moment and the day. It's about taking a deep breath and telling yourself that you are ready to make that leap forward, to get your first client in your new coaching practice, to start that book, to take advantage of the big opportunity one step in front of you. If you're not willing to risk the unusual, you will have to settle for the ordinary. I'm not sure who said this, but it's true, and a principle I live by. You can talk yourself out of everything, but you also risk losing everything by doing this. As Samuel Johnson said, "Nothing will ever be attempted if all possible objections must first be overcome."

T.S. Eliot in the "Four Quartets" writes about "the still point of the turning world.../there the dance is.../Where past and future are gathered.../Except for the point, the still point, /There would be no dance, and there is only the dance." Ultimately, seizing the day is about getting inspiration from the still point in yourself and then joining the dance, not standing on the sidelines looking on. **And .... when in doubt, dance!**

## Vision Days

I've been enjoying several fabulous Vision Days with clients recently, taking a day to identify what dreams they want to make real, creating an action plan to make their dreams come true. Basing ourselves in the beautiful gardens and the library at the Royal Crescent Hotel in Bath creates even more inspiration, helped by a fabulous lunch and a glass of champagne.

If you would benefit from personal guidance and inspiration, why not book a Vision Day with me?

This is your opportunity to have a 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 focus, inspiration and magic to step change you forward personally and professionally, who want a turbo boost forwards.

A client recently wrote me this after our Vision Day: "What a wonderful day! I thoroughly enjoyed myself and feel great about where this is going. Thank you again." Another client wrote "I loved our day together and am feeling much more at peace now that I have a forward plan. Thank you. I find working with you nothing short of inspirational and motivational."

To book or enquire about one of my Vision Days, please email [nicola@la-vita-nuova.com](mailto:nicola@la-vita-nuova.com)

## Grab the Last Place on My 2011-12 Platinum Programme!

My wonderful new Platinum Programme group is getting ready to meet in Capri in May for our first weekend retreat.. There is one place left to join this incredible group and be part of this life-changing experience, and only a few weeks left to claim it. Is it yours? Call me to discuss if you would like to explore if it's a good fit for you. [www.la-vita-nuova.com/platinum-coaching-programme](http://www.la-vita-nuova.com/platinum-coaching-programme)

If you're serious about creating breakthroughs this year, and you don't want to put your life/career on hold any longer, let's talk about whether the Platinum Programme is a good fit for you.

We have 1 place left, and a wonderful, inspiring group of individuals determined to be their brilliant best this year, step up and design their lives so that they trail-blaze rather than settle.

If you are a professional or entrepreneur who is equally passionate about your life and work, if you've achieved a lot already and know you can achieve more, if you're ready to create breakthroughs this year and want the support, networking, and inspiration provided by a world-class coach, a fabulous group of international participants all energised by development... as well as the beautiful surroundings and luxury of Capri, Dublin, and Bath as the setting for creating your magic...then why not consider joining our community? [Contact me](#) to discuss.

Platinum includes an individual Vision Day in the spring, our group retreats in Capri in May and Dublin in October, individual follow-up coaching, and monthly group tele-conferences...



If you don't want to wait any longer to create fabulous results for yourself, and you don't want to miss out on the opportunity to enjoy an inspiring, illuminating year-long experience and adventure with an amazing group of people, contact me now to discuss if the remaining place should be reserved for you.

***What would it take for you to say yes to yourself this month?***

## ***Update On What Nicola is Doing...***

- \*Speaking at the Vitality Show in March
- \*The subject of a Day in the Life piece for Stylist Magazine
- \*Featured in the Quintessentially Newsletter in April
- \*Enjoying several inspiring and breakthrough Vision Days
- \*Leading a senior management team development day
- \*Working with some wonderful new clients
- \*Launching my new Platinum Programme
- \*Writing my book. My deadline is getting closer!

\*Amazing weekend trip to York-see double rainbow picture

\*Started fitness bootcamp 3 mornings a week!!

\*Great evening out in London, with cocktails at Dukes, and dinner and dancing at Dover Street Restaurant.



\*Looking forward to trip to Rome, prosecco in piazzas and gelato in Giolittis.

\*And getting ready for my Platinum Programme retreat in Capri next month

\*Enjoying the wisteria blooming on Wisteria Cottage



## 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](http://www.la-vita-nuova.com)