



Ezine

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

September, 2010

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Welcome to the September issue of "Your New Life," and welcome to the start of what always feels like a new year!

As we return to work reenergized from summer time out, a new school year is starting, the weather is changing, and all kinds of new starts and possibilities shimmer before us.

This month my article, "Wake up! Open the Door to Your Best Life" reflects on how moving into the space between who we are and who we have the potential to be will open doors where there were no doors before...

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I'm inviting you to get support and inspiration to make 2011 your year of adventure and fulfilment. Learn more about my uplifting November retreat in Bath, and the new Group Coaching Programme starting in January by registering for complimentary information calls...

And this month sees the launch of my inspiring updated new website. www.la-vita-nuova.com Please give me your comments and forward it to a friend. I'm holding a draw for a complimentary coaching session for the first 30 new people who sign up to receive the newsletter...

With best wishes for a fabulous September and autumn,

Nicola

P.S. Please add nicola@la-vita-nuova.com to your whitelist or address book in your email programme so you have no problems receiving future issues.

Wake up! Open The Door To Your Best Life

In "Winnie The Pooh," Christopher Robin has this encouraging advice for his favourite bear:

"Promise me, you'll always remember you're braver than you believe, and stronger than you seem, and smarter than you think."

We can all benefit from remembering that who we really are is so much more amazing than who we tell ourselves we are.

Have you seen the movie "Inception"? It's a thought-provoking exploration of how your reality may not be real at all, but may just be a dream. It's a reminder that you can literally and metaphorically wake up to your real self and your real life. All too often fear can trap us into an illusory dream which can feel real at the time, but really isn't. I believe the message in the film is that we don't need to stay imprisoned in the limiting, distorted, dream-like state of fear. It isn't true or real, and your real life is waiting for you to step into.

Here are some practical steps to help you remember how brave, strong, smart, and brilliant you really are, to give yourself permission to open the door and step into what's really possible for you:

- 1) Wake up! All too often we can live two-dimensional and unexciting lives compared to the lives that we are capable of living. Take some time away from your normal routine (it doesn't need to be a year's pilgrimage to Bali!) to truly inspire yourself with how you want your life and work to be,

with what's really possible if you wake up and stretch yourself...

2) Believe! Remember moments in your life when you've really shone, times when you've made a real difference? What are your 10 happiest memories and experiences? What positive changes have you made in your life in the last few years? How have you been brave, strong, and smart this year? What are you brilliant at? Focus on what's working, on what you're proud of, rather than the opposite. It's so important to acknowledge yourself in order to build self-belief and self-trust.

In my experience, you need to believe you can in order to do something. Belief is powerful and magic. And you have lots of reasons to believe if you focus on them.

Conversely, try to break the habit of criticising yourself, of focusing on ways in which you haven't measured up. It's often easier to criticise yourself rather than acknowledge yourself, but it's so much more useful to focus instead on creating good habits, and turn your attention to what's best about you, what you're capable of, how you've shone in the past and how you can shine even more in the present and future..

As Marianne Williamson reminds us, we are magnificent, actually, and letting our light shine gives other people the idea that they can do the same.

3) Go for excellence, not perfection! Excellence inspires, but perfection paralyzes...The desire for perfection can stop us from even attempting to achieve something wonderful. For example, I had wanted to write a book for years, but always felt inhibited by not having enough time to write the perfect book proposal. In the end, last summer, I put aside a week to write a book proposal which would be as good as I could make it in that time, and determined to send it out at the end of the week, perfect or not. Which I did, and I was offered 2 book contracts as a result. Being too perfectionistic can lead to procrastination and entropy...

4) Stretch! Move through the space between how and who you are at the present and how/who you have the potential to be. How, I hear you ask? Well, it's about understanding yourself, your values, your strengths, what inspires you, and designing a joyful life that is right for you as an individual, not following some recipe that doesn't have your name on it.

Joseph Campbell writes that if you "follow your bliss, doors will open where there were no doors before." Following your bliss is another way of saying stepping into your best self. It's as if we live in a big, beautiful house, with lots of fascinating rooms to explore, but we choose to camp out in the living-room or kitchen, or maybe even just the downstairs basement. The rest of the house represents aspects of you that are available for you to enjoy and be inspired by, but just need the light turned on and for you to step into them.

Challenging yourself to stretch beyond the familiar and the easy, using your self-awareness and your individual blueprint for brilliance, creates extraordinary results ... and doors will open that weren't there before!

JOIN US AND GET INSPIRED!

Join our November Retreat in Bath or our new Silver Group Coaching Programme starting in January!

November Retreat

I am planning a November retreat in Bath, designed to inspire and recharge you before Christmas and the end of the year, a special time and place to get you on course for brilliance in 2011. Click here for further details [November Coaching Retreat](#)

Our retreat will include some group activities, one on one coaching, a trip to the magical Roman Baths and the thermal (hot!) roof-top pool at the Thermae Bath Spa, and dinner out at Jamie's! It will be amazing!

Date: Friday 12th to Sunday 14th November. Venue: the

beautiful Bath Spa Hotel. £499 plus vat, to include Retreat, lunch and dinner on Saturday, trip to Thermae Bath Spa, accomodation extra.

To get details and reserve your space, please email me asap, as places will fill fast nicola@la-vita-nuova.com

Silver Group Coaching Program

Enjoy an inspirational group coaching program, starting in January 2011, that will move your life forward in amazing ways. This yearlong program will give you the following benefits:

- Concentrated focus on your top goals for 12 months
- Inspiring support and interaction with other like-minded individuals.
- Structure and support provided by Nicola for an entire year to ensure you achieve great results
- Access to all the coaching programmes Nicola uses with her private clients
- Strategies for creating more success in all areas of your life
- Inspiring personal development

Whether your goal is to start a successful business, change career, move abroad, write a book, lose weight, practice extreme-self care, attract your ideal partner, have more fun, create inner peace...the group coaching program can help you achieve it. For more details click here [Silver Coaching Programme](#)

Email us to reserve your space in either programme or to sign up for the complimentary question and answer information call nicola@la-vita-nuova.com

UPDATE on what Nicola is doing

*Creating new team development day in September for corporate client

*Enneagram profiling sessions with several new executive coaching clients

*Launched new website this



month! www.la-vita-nuova.com

*Designing exciting new invitation-only Platinum Programme:

<http://www.la-vita-nuova.com/life-coaching-programs.aspx>

*Starting to write my new book



*Invited to give autumn talks to members of Home

House and Royal Crescent Club

*Enjoyed incredible European holiday adventure in August--from Barcelona to Venice via Monaco!

*Hosted fun end of summer/new school year party in my garden

*It's my birthday this month, on the 20th!

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 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