



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

July, 2010

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Welcome to mid-summer, to time out, time away, and to summer slow time. I hope my article this month, "Your Inner Summer," inspires you to enjoy every special moment, both now and when the summer is over.

I'm just back from a coaching work trip to LA, planning exciting new coaching programmes. I'm taking my own advice and loving every summer moment, enjoying coaching my amazing clients and looking forward to exploring Spain, Montecarlo, Italy and Croatia.

Hope to see you for a Vision Day later this year, in my November Retreat in Bath, or in one of my Platinum Programmes starting in January.

Whether you're spending summer in the city or in your beach house, I wish you many happy summer moments, and hope you enjoy this month's ezine. Please forward the issue to any friends or colleagues who might enjoy it.

It's great to have you in our community, whether you're a long-term or a new subscriber. As always, I love to hear from you.

Wishing you a magically slow summer,



### Your Inner Summer

It's that time of year again ... That time of year when we take time out, time away, time to enjoy nature and all of the beauty around us and within us. Whether we spend summer in the city or in Tuscany, we experience time differently. The summer gives us an inner summer experience of immersing ourselves in the happiness of now.

One of the gifts of summer is how it allows us to live more completely in the present moment, watch the sun go down, enjoy long evenings outside as the light slowly changes. We take time to listen to the sound of waves crashing and birds singing, feel deeply connected, and we literally come to our senses as our senses come alive, wake up and smell the roses.

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roses.

On Saturday evening I was sitting by the water at the Roman Baths, musing about slow time, about the Romans bathing there so many centuries ago, about the spirit of place, the Sacred Spring and the Goddess Sulis Minerva who people came to worship. It was believed that the Sacred Spring was the point at which the human world could communicate with the deity of the Temple.

Summer gives us all a point at which our human world can communicate with the timeless, whether it's having time away from work, the long light evenings, being on holiday, or being out of our normal routines. We are free from our sometimes limiting perspectives, from the fast time, the rushing experience that is the unfortunate norm for so many of us. It's the difference between a not very nice fast-food meal gulped on the run, to a leisurely four course dinner with wine by candlelight and great conversation on a terrace by the sea.

Summer time is slow time. Wouldn't it be wonderful if we could enjoy this present moment awareness and appreciation all the time? If we could create our own inner summer, regardless of the season.

Two of my coaching clients this morning shared with me their dreams for the summer, how they wanted to stop living in the future, let go of anxieties about aspects of their work, and really feel, experience, and celebrate all of the small and huge things they have to feel grateful for in their lives.

The present is the only place we can be happy in.

My challenge to you:

Whether you're spending summer in the city, in the mountains, or by the sea, let yourself go. Just like Elizabeth Gilbert in "Eat, Pray, Love," immerse yourselves wholeheartedly in the beauty, experience, and texture of the life that surrounds you, that is within you and without you, as George Harrison put it.

Let yourself be....happy, grateful, peaceful, aware, connected. Connect with your senses, the feel of sunshine on your face (don't forget the sunblock!), the taste of white wine with peaches at the seaside restaurant, the feel of your loved one's hand in yours, your children's holiday excitement, the beauty of the landscapes around you, both internal and external.

Let yourself consciously develop and cultivate an Inner Summer that you can take with you long after the summer season has ended....your Inner Summer.

**GET INSPIRED: Book a Vision Day with Nicola; Join our November Retreat in Bath; Learn about my exciting new Platinum 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.

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!

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

### **Vision Day/V.I.P Day**

I have 3 Vision Days available to book for the autumn or winter this year. Is one of them yours?

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.

Two recent client comments about their Vision Day experience: "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."

"The incredible value of working with Nicola Bunting is so difficult to put into words because it is at once grounding and uplifting, practical and aspirational. Over the years we have worked together on a job search, personal crisis, and professional development and in each project I felt supported and expertly guided and ultimately sincerely congratulated on reaching each goal. I owe a lot of my success to Nicola."

To book or enquire about one of my 3 remaining Vision Days, please email [nicola@la-vita-nuova.com](mailto:nicola@la-vita-nuova.com)

### **Go Platinum!**

I am designing a very exciting, invitation-only, high-level mastermind coaching group for 2011, for successful international professionals who want to enjoy and cultivate an engaging community of like-minded people, as well as have ongoing inspiration and personal and professional development through individual coaching.

The group will start in January, be limited to between 6-10 people, and will include a retreat in Capri (nearest airport Naples) in the spring, as well as an individual Vision Day, and ongoing group coaching/connection and individual coaching.

Get in touch if you would like to learn more as details get arranged: [nicola@la-vita-nuova.com](mailto:nicola@la-vita-nuova.com)

## UPDATE on what Nicola is doing

- Signed my book contract and had a meeting with my new editor to discuss titles etc. Very thrilling!
- Just back from week in LA developing coaching programmes. Great experience, including lunch on beach in Santa Monica and spa at Shutters on the Beach!
- New website almost finished, to be launched next month
- Black tie ball at Assembly Rooms in Bath. Very glamBath and lots of dancing!
- Summer BBQ at Royal Crescent Club, with fun band and more dancing..
- Westminster School Alumni drinks at East India Club. Met up with old school friends from 20 years ago!
- New ipad! If you see me with it on the train, I'm writing my book and not playing! Best app is Weather HD and maybe Epicurious-have been sharing with my clients!
- Excited about upcoming holiday. Time to pack!



## 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.

