



Welcome into this New Year!

Each moment comes and goes, and before we knew it 2009 was over and we are now standing at the beginning of a new decade. Time gets lost, is scarce, is always ticking, runs between our fingers, waits for no man, is money.... and so many other expressions we can think of to say how stressful it is to experience 'time'. I vote for, and wish you all, the following ones in 2010: allow yourself some free time, time for me, time to relax and time to be aware how precious every single moment is. As Chokyi Nyima Rinpoche (a Buddhist Monk in Nepal) says "Moment by moment; be happy, be kind".

New Year - New You: Special Coaching Promotion



Make a Fresh Start to this New Year together with the support of a Personal or Professional Coach. Two face to face sessions now only £99. Coaching Sessions are 45 minutes each. Promotion valid until February 28th, 2010.

[Contact Us >](#)

A Video with Karin's Coaching Approach to Make your Career Work:

Does the New Year make you want to change, start, alter and transform your career (or lack of one) into something better? Better for yourself, better for your mood, well-being and confidence, better for the people you care about and better for your wallet or CV? Then consider hiring a Career Coach. We help with goal setting, motivation, have the antidote to procrastination and increase your confidence by identifying your skills, qualities and passions. What I personally love doing is to give you insight into your behaviour patterns. When are your habits of benefit to you, and when does your (unconscious) behaviour cause obstacles on your path? I'd like to help you to understand yourself better, and to find out how you and your career can change for the better.

Please have a look at this video to find out more about Career Coaching with Karin:

<http://vitaliscoaching.com/about-You/Career-Coaching.html>

A radio interview with Karin on keeping your New Years Resolutions:



At this time of year, many of us make resolutions but very few manage to get beyond a year or even a few months! Why? Are they worth making?

We talk to Karin Peeters, a locally based Life Coach, and get ideas on how to stick to your resolutions and help realise your dreams.... It will be a fun and informative feature on Monday January 25th from 7 to 9pm at 91.8 Hayes FM or online via www.hayesfm.org.uk.

Simple Yoga for Vitality:



Lying on your back, kick alternately with your left and right heels against your buttocks, always keeping the alternate leg straight, inhale as one heel kicks, exhale as the other kicks. Continue for 1-3 minutes. Please ask your doctor if this exercise is



suitable for you (I thought this was good to add, with all those Health and Safety regulations in the UK, you see...:). Source: Yogi Tea, Organic Ayurvedic Spice Infusion.

Vision Board Workshop:

In the mood for a Saturday afternoon full of fun, creativity and Life Coaching? Please join our bespoke Vision Board Workshop on **Saturday, February 13th from 1-3pm** [at The Park Club in West London](#).

Imagine piles of glossies, Pritt sticks, flipping through pages and ripping out the pictures that appeal to you in order to create your personal Vision Board. Aside from sticking the resultant piece of art on the wall to see your goals visually every day, there are a lot of clever interpretative things one can do with the Vision Board. Curious? Come along! Price £25 +VAT pp, including all materials and yummy refreshments.

For registration please pay (total price including VAT £30pp) via [Paypal](#) and send an email with your details to karin.peeters@vitaliscoaching.com

What previous Vision Board Workshop participants said...

"Great day and very valuable. Activating the left side of the brain is good for the soul."

"Lovely afternoon, felt very creative and it gave me an idea of what is important in my life."

"This was a welcome respite from the non-stop "to-do" list of life. It was a wonderful chance to do something creative and think about my priorities."



Vitalis Coaching started here...

Do you remember those commercials in the tube a few months back? "Google started here" & "Ikea started here"? in this way The British Telegraph was telling us that it pays to think big. You wanna know where Vitalis Coaching started? The third picture tells it already; at the top of a huge Buddhist stupa in Nepal during a sabbatical after a roller-coaster corporate career. I was taking some time out to reflect, contemplate and relax (or maybe better stated; to find myself back). And during a wonderful retreat about the Buddhist Art of Living I just knew it: I was going to develop my career as a coach! And as many of you have experienced, Vitalis Coaching started, grows and enjoys every day!



IKEA started here



Google started here



Vitalis Coaching started here

Most common topics of the coaching clients of Vitalis Coaching in 2009:

- I'd like to improve my relationships (with my partner, a potential loved one, parents, colleagues, boss, children)
- Or, very important, I'd like to improve my relationship with MYSELF
- I'd like to improve my confidence (in the pub, in my long term relationship, at my job, on the stage: you name it ;)
- I'd like to feel better in my current job
- I'd like to feel that I've got more time for myself (all variations of stress reduction)
- I'd like a new career (some of the coachees where in a job and many told me variations of 'I've send thousands of CV's into that big black hole and heard nothing back')
- I'd just like some support to get me through this turbulent time in my life

That was 2009 in a nutshell for Vitalis Coaching. Recognise yourself in it and haven't experienced the benefits of coaching yet? I invite you to contemplate the possibility!

What our clients say:



"I already had some experience with coaches. But Karin is different. Instead of telling me what I should do, she helps me to find my own answers. Surprisingly this way of helping gives me much more confidence, because now I realise that I already have all the answers within me. I just need to learn and listen to myself more. Karin is helping me at this moment to do so.

It's funny that I feel so free to tell her everything, without shame. I think this is because she never judges me. And it's like she doesn't judge herself either. She gives me the feeling that she doesn't think she's perfect and that I don't need to be perfect to become more in balance with myself.

Now that I write this I think the biggest thing she gives me is acceptance in every way."

Comments from Vitalis Coaching client, Inge

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