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Take inspiration from nature: flowers budding, full of promise, bees buzzing away, working to help bring about new life and energy, and inject some SPRING into your life; any area that you want to revitalise and change. Embrace this traditional time of celebrating rebirth, growth and change and start coaching with Vitalis Coaching.

Lighter nights, warmer days, life and energy... why not bring out the Spring in yourself? I'm looking forward to hearing from you: [click here to contact me](#).

## Coaching to celebrate new life in Spring



Curious what the benefits of a Personal and Professional Life Coach are? Try it out for yourself: one session £85, package of six £474 (£79 per session), package of ten £750 (£75 per session + many extras). Terms and Conditions apply. Coaching Sessions are face to face and one hour each.

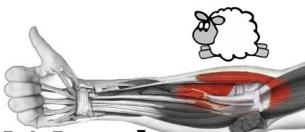
Click here to [contact me](#) and here for [more information](#).

## ICR Registration:



The International Coaching Register was set up by the European Coaching Institute and aims to bring coaching transparency as only qualified and accredited coaches are allowed to register. Your Personal & Professional Life Coach, Karin Peeters, has been selected to join this register.

## For a better working life:



### Workrave

Pain in your body caused by computer work? Besides that coaching can help you to listen to what your body is carrying for you, this free program might do you some good as well: Workrave is a program that assists in the recovery and prevention of Repetitive Strain Injury (RSI).

The program frequently alerts you to take micro-pauses, rest breaks and restricts you to your daily limit. Click here for more information [www.workrave.org](http://www.workrave.org).

## Thank you all for a great Vision Board Workshop:



On Saturday, February 13th, a group of ten participants and I had a wonderful afternoon, being creative at our bespoke Vision Board Workshop. Here are some of their lovely comments:

"The workshop really helped me to focus on the areas of my life that I wish to develop. Karin's analysis and delivery were brilliant and the time just flew by!"  
Dylan, 27, West London.

"This is the second Vision Board workshop of Karin's that I have done and I just love it. So much freedom and creativity and so much exploring of my self, needs, wants and desires." Sharon, 43, Clapham, London

"Karin's approach was professional, open and very warm. I look at my Vision Board every morning when I wake up, and say to myself 'I will get there'." Suzie, 15, Acton, London.

Keep an eye on this space for the date of our next workshop. We'll do an evening after work this time, and I'm looking forward to seeing you. Click here for [more information](#) and here for more [Vision Board Workshop testimonials](#).



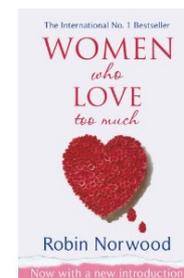
## Booktip: Women who love too much.

'When you keep hoping and wishing he'll change' by Robin Norwood.

"When we read a self-help book and underline all the passages we think would help him, we are loving too much. Maybe we assume that if it isn't working and we aren't happy then somehow we haven't done enough yet. We live on hope that tomorrow will be different. And we feel sure that once he is convinced of our love he will be metamorphosed into his true self, awakened to the embodiment of everything we want and need him to be". All quoted from this good read, ideal for in the park on a sunny afternoon (just make sure no one can read the title ;).

Confronting for some, healing for most.

[Click here for more great reads.](#)



## FreshStart Psychotherapy:



On Thursday afternoons Karin works as a volunteer Psychotherapist in professional preparation with FreshStart Psychotherapy.

FreshStart Psychotherapy is a charitable organisation, offering long and short-term, open-ended weekly psychotherapy and counselling with volunteer psychotherapists trained in a variety of therapeutic approaches. FreshStart Psychotherapy provides a place that is safe, secure and confidential.

FreshStart Psychotherapy adheres to the BACP (British Association for Counselling and Psychotherapy) and the UKCP (United Kingdom Council for Psychotherapy) Code of Ethics.

[Click here for more info.](#)



## What our clients say:

"I am the kind of person that's very open to the idea of obtaining a personal Life Coach, but until now I wasn't ready to make the financial commitment involved with the service.

I was recommended by someone I trust very well to look into being coached by Karin Peeters, so I enquired. I went ahead with the coaching and it was a brilliant choice. I honestly can't pinpoint one key aspect that solicited changes inside of me, but the end result speaks for itself. I am far on my way to what I set out to do and I know it is in good part due to the Life Coaching I received from Karin."

**Comments from Vitalis Coaching client, Darryl**

[Click here for more testimonials.](#)

## Free Coaching Session:

If you have the honest opinion that Life Coaching is beneficial to any of your friends, family and/or colleagues, I'll be honoured when you refer them to my services. If someone you've referred to us signs up for coaching sessions with me, I will happily offer you a one hour coaching session free of charge. Thanks in advance!

## Contact Us

**Vitalis Coaching - London**

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

**p: +44 (0)20 8840 3791**

**m: +44 (0)75 1290 9479**

**e: [karin.peeters@vitaliscoaching.com](mailto:karin.peeters@vitaliscoaching.com)**



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