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What makes you tick? How do you make it happen?

Why are we so busy with day-to-day life that we forget to ask ourselves what we truly want? What would I like from my life, my career, my relationships...? Is it because we have no idea what we want, or is it because we might (somewhere deep down) believe we don't deserve it anyway? And when we do know what we want, what makes it so hard to pursue those dreams?



Are you curious to find out? Then I'd invite you to have a scroll through this Vitalis Coaching newsletter.

What makes you tick? Come to our creative Vision Board Workshop

Vision Board Workshop: June 23rd 2010, 7pm-9pm

[Find out more here](#)

Imagine piles of glossies and flipping through pages until you spot something that appeals to you. Rip the picture (or word) out and glue it to your colourful piece of cardboard. In this way you create your own personal "Vision Board".

You'll gain new knowledge about your deepest desires and inner drivers and the workshop increases your inspiration, motivation and focus to act and change your life for the better. All materials will be provided and at the end of the workshop you'll be taking your own self-made Vision Board with you.



West London - Ealing, June 23rd - 7pm to 9 pm
Close to Ealing Broadway and Ealing Common
£49 per person (incl all materials).

[Read testimonials of previous participants](#)

For more information and registration, please call me personally at 075 1290 9479 or send an email with your details to karin.peeters@vitaliscoaching.com.

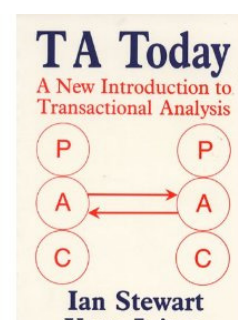


Why is it so hard to pursue our dreams?

According to Transactional Analyses we all have inner drivers that unconsciously determine what we do and how we do it. Ever noticed that you want one thing, but that "I should, must, have to" voice in your head pushes you in the opposite direction? There are five major drivers operating in us:

- Be perfect
- Try harder
- Please everybody
- Hurry up
- Be strong

I'd invite you to put them in order for yourself. Which one is operating in you most of the time? And what's the impact on how you behave and feel? Is the



driver controlling you? Coaching is a great way to learn to know your drivers, why and when they originated and how to make use of them in a beneficial way that works for you instead of against.

**Ian Stewart
Vann Joines**

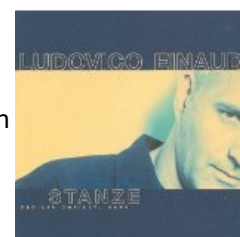
Source: *TA Today: A New Introduction to Transactional Analysis* by Ian Stewart.

[Click here for more book tips.](#)

Use the alpha state of your brain to solve problems: Ludovico Einaudi - Stanze

We as human beings have the tendency to look for the answers to our problems in our head using the 'beta state' (the rational thinking part of our mind), and at times it can be very insightful to use our 'alpha state' (the creative, visual, inspirational, 'out of the box' part of our mind) to access new and often subconscious information. Dancing, cooking, gardening, poetry, Vision Board Workshops etc are ways to enter this alpha state.

Music helps too, and this wonderful soft and gentle CD is ideal for when you'd like to calm down or when you'd like to tune into yourself to listen to the answers that'll come up.



What our clients say:



I've done a 'response to redundancy' course at The Citizens Trust. A part of the course was the mentoring and coaching with Karin, who built huge confidence in me. I felt relaxed and well supported by Karin. In all I thoroughly enjoy working with Karin, she is giving me every opportunity to build my career.

Neelam Sharma - 51 years - Employer Engagement Co-ordinator - Ealing, London

[To read more testimonials click here.](#)

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

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