

Having trouble viewing this email? [Click here](#)



Summer means longer days. Everyone loves the long evenings, but are you taking full advantage of the early mornings too?

How about an exercise to enjoy the light and to get your day off on the right track at the same time? It's called **Morning Pages** (source: The Artists Way by Julia Cameron). Essentially, it constitutes setting aside a little time in the morning - the sooner the better after waking - to write down your thoughts in three pages size A5. Purists use longhand, paper and pen, and say the touch of nib on pad is all part of the fun.

"What do I write?", I hear you ask. Simple: whatever is going through your head at such an hour, uncensored. It's not about writing fine, polished prose. It's not even about making sense to anyone else (or, for that matter, to you, hours or days later). It's about the moment, as those half-awake moments in the morning offer a clear picture of your unconscious mind. And trust me, it'll give you some amazing new information about yourself that'll can change your life for the better.

Interested to find out more: [please click here](#) to contact Vitalis Coaching.

New testimonials page

Together with David*, a hero in website-design, we developed a new lay-out for the [testimonials](#) on the Vitalis Coaching website. What clients, both previous and current ones, say about their coaching experience with Vitalis, is very important to me. Coaching is very personal work for both myself and my clients. And I love to hear what they have to say about the insightful process and the positive changes that happened in their lives.

*Thank
you*

Many thanks to all those who took some time to give me feedback and wrote a testimonial. I dedicate this new page in my website to all of you. I am proud of you, and grateful for the work we have done together!

[Click here to read about the experiences of clients of Vitalis Coaching.](#)

* A message from David: "I'm always happy to discuss web design solutions, and offer a very reasonably-priced, personalised service if we agree to go ahead with a project." More info: dtattam@googlemail.com

Coaching worth £1000 funded by Train to Gain

Vitalis Coaching helps you to get your coaching sessions funded by the government. Are you in the Senior Management of an organisation with more than 5 employees? Then you can get coaching and training funded by the government! Train to Gain has funding for a maximum of £1.000 via the Management & Training program. Interested to find out more? Please check [Train to Gain](#) or contact me directly on 075 1290 9479.



Contact information of Karin Peeters at Vitalis Coaching: [please click here](#).

Movie: Into the Wild



This movie is about a man who walked out of his so-called privileged life and into the wilderness of Alaska in search of adventure and, ultimately, freedom.



A true story that we may all feel applies to ourselves at times.

A holiday, sabbatical, break-up, resigning from a certain job; these are all attempts to take a step away from our daily life as we know it. For the man in this movie the conclusion is that in the end he realizes the importance of the very thing he wanted to escape most; human relationships.

[Click here for more information regarding "Into the Wild" and other book and movie tips.](#)

Vitalis Coaching now has it's own Flickr page Where we'd like to share our pictures with you!



The best way to **store, search, sort and share** your photos.

As the summer holiday season is near, we can look forward to sharing our pictures with each other via several Social Media Platforms. Vitalis Coaching opened a Flickr account recently, where we will share our pictures with you. You can see pictures of proud creators of Vision Boards, joyful and insightful workshops, a mental well-being fair where Vitalis participated with a stand, pictures of our clients who wrote testimonials, and lots more.

We'd love you to have a look: [click here](#)

What our clients say:



The Citizens Trust contracted Karin Peeters from Vitalis Coaching to deliver coaching and mentoring sessions for our clients. We have been working together with Karin for eight months now and so far **she has coached and mentored 182 of our clients.**

She supports our clients during one-to-one sessions and helps them increase their confidence and self worth. Many of our clients are unemployed for a long time, and the coaching sessions give them encouragement, focus and clarity.

I've experienced Karin as **very professional, organised, warm and caring.** The staff refers some of their most vulnerable clients to Karin and trust that they are in good hands. It's a pleasure having Karin around, and I'm looking forward to a long term working relationship together.

Theresa Moore M.B.E. - CEO of The Citizens Trust

[To read more testimonials please 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

Vitalis Coaching - London

www.vitaliscoaching.com

p: +44 (0)20 8840 3791

m: +44 (0)75 1290 9479

e: karin.peeters@vitaliscoaching.com



[Connect on LinkedIn](#)



[Join us on Facebook](#)



[Follow us on Twitter](#)



[Join Our Mailing List!](#)

Love our planet, save a tree: please, only print this e-mail if necessary

[Forward email](#)

 **SafeUnsubscribe®**

This email was sent to karin.peeters@vitaliscoaching.com by

karin.peeters@vitaliscoaching.com.

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Vitalis Coaching | Personal & Professional Life Coach | London | United Kingdom