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## Are you striving to be your own hero?

 Forward to a Friend

Yesterday I visited Tate Britain and was really moved by a piece of art from the Susan Hiller's exhibition called [Monument](#). It is made up of a series of Victorian ceramic tiles dedicated to everyday heroes taken from the Wall of Heroes at [Postmans Park in London](#). Monument explores heroism, and commemorates acts of courage by ordinary men, women and children.



In the middle of the mosaic is a piece of graffiti reading '**strive to be your own hero**'. It's in the middle near the bottom of the picture on the left (for those with really good eyes!).

**I believe my clients, each and every single one of them, are true heroes.** Having a wish for a happier life is one thing. But actually taking the first step to make it happen is another. I didn't say it was going to be easy. You might not know where to start, how to get there or what to do. But just think of the first step, no matter how small, give it your best shot, and *be your own hero*.

**I believe in you.**

Interested in speaking with me a bit more? Whenever you want, please [contact me](#), I'm looking forward to hearing from you.

## Are you a hero in search of love?

**Ok, ok, ok because it's Valentine's Day today also a few words about love ;)**

Personally I believe that **couples who are the happiest share similar values**. They have the same vision about what's important in life. Is life about security (money, career, a house, etc.) or about fun (adventures, seizing the day, going out)? Is life about being right or about being happy? Do you value honesty and integrity, is life about status and achievements or is personal growth and a spiritual quest what you care most about?

I'd invite you to think about what your values are. What is truly important for you in life and in a relationship? So I don't mean 'my ideal partner is tall, blond, funny, sporty and smart' (the stuff you read on dating websites). I am talking VALUES here. What do you stand for in life? What are your ideas, your beliefs, the stuff you have an emotional investment in? What makes a relationship a happy one in your eyes? And let's then compare your values with the values of that special other person; **do we have a match?**



Be happy :)

Read more about [Coaching and Relationship Help](#), the [contact details](#) of Karin Peeters at Vitalis Coaching or call her now on 075 1290 9479.

## Some heroes deserve our special care.

This is Emily Kate, a little elephant who is part of the Vitalis Team.



There's something special about elephants. It's not just their immense size, incredible trunk, great ears and magnificent tusks ... elephants are gentle, intelligent, loving and loyal. Sadly elephants face many threats both in the wild and in captivity. These hero's deserve our special care.

In August 2010, on the anniversary of our foundation, we decided that a celebration was in order and adopted Emily Kate and introduced her to the Vitalis team. She is an adventurous and playful little elephant in Africa.

**Are you a hero (or a hero to be) and in need of some special care?** We hope Emily Kate serves as a reminder that it's perfectly ok to ask for some extra support and care along the way. [Call us](#), a friend or a family member. **There is no need to do your hero's journey without some caring company.**

We've adopted Emily Kate at [Born Free](#).

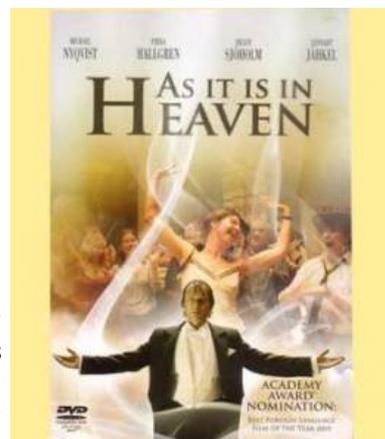
## A film about true heroes: everyday people like you and me.

**Film tip: As it is in Heaven** (Så som i himmelen, Kay Pollak, 2004).

The famous international conductor Daniel Daréus has a heart attack as a result of his stressed and busy professional life and interrupts his successful career with an early retirement. He decides to return to his home town in the north of Sweden to live a low-paced life.

It doesn't take long before he is asked to come and listen to the church choir. He can't say no to becoming their conductor and from that moment, nothing in the village is the same again.

His music opens the hearts of the members of the choir, affecting their daily life: the slow Tore has the chance to participate in the choir; Inger releases her repressed sexuality; Gabriella takes a stand against her abusive and violent husband; Holmfrid cries 'enough' against the jokes of the businessman Arne; Daniel starts loving people and recognises Lena as the love of his life.



When they are invited to participate in an important contest in Innsbruck, Daniel finds his music **opening the heart of people** making his dream come true.

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

## What our clients say (all heroes in their own right!):



"The life coaching sessions I've been having from Karin have been absolutely fantastic. They are really helping me to find **my true identity and direction in my life.**

I have felt lost for quite a while and the coaching sessions with Karin feel like I'm on a journey to find myself. **I didn't realise just how much I put the happiness of others before my own** and how much this has been affecting me.

I tend to remember my dreams quite often and Karin has been helping me to understand the messages my dreams are giving me. I feel that during every session I'm discovering something new about myself."

Mandy Wood ~ 31 years ~ Software Developer ~ Bristol ~ Telephone Coaching.

[To read more hero 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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