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Are you a human being or a human doing?

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Do you behave like a human being or a human doing? I really can't remember where and when I heard that question for the first time. Rest assured, I haven't come up with this quote myself and I was stirred up by it too. What am I? Many of us are so caught up by activities, doing stuff, achieving, ticking to-do lists, that we forget to actually have fun and rest. When was the last time that you just spontaneously did nothing, or gave yourself permission to 'just be'?

Stress can make us go in overdrive, increasing one's energy to fight the stress, defined as the excessive response (the human doing). And the reaction of others is quite the opposite. They withdraw in an attempt to avoid the stressful situation. Source: Anodea Judith ('Eastern Body, Western Mind').



Mind Full, or Mindful?

Whatever your response is to stress, I wonder if the best anti-dote is to just be you. Look in the mirror, recognise your default reaction to stress and treat it kindly (why we all have this huge ability to judge and punish and criticise ourselves is a whole other ballgame, something for a future newsletter maybe!). If you notice that your usual reaction is not getting you what you desire, give yourself permission to be kind to yourself. To just be. From that place of being present to yourself, a new approach might just pop up.

For the human doings under us, this newsletter has some suggestions that clients of mine have found helpful. [Contact Vitalis Coaching](#) in case you'd like a chat to explore your best way of dealing with stress.

Source image: The Cognitive Behaviour Therapy Partnership.

Mindfulness Exercises

At Vitalis we believe in the benefits of meditation, breathing exercises and the concept of mindfulness. Mindfulness means paying attention in a particular way; on purpose, in the present moment and non-judgementally.



We've had a look at what's around on YouTube, and these are our recommendations. Just note, these videos are not made by Vitalis and we have no link with the makers, meaning we've got nothing to do with rewards nor complaints ;)

Great outline of Mindfulness by Carol Vivyan: [Read Here](#)

Stress Relief Mindfulness Meditation Exercise: [CLICK HERE](#)

This is a great explanation by a Buddhist Monk what Mindfulness Meditation is all about.

Actual meditations (great for stress relief!!):

- * Breathing Meditation: [CLICK HERE](#). Focussing on the breath quiets the mind.
- * Body Relaxation: [CLICK HERE](#). Softening and letting go of tension in body.
- * Meditation for those who are new to meditating: [CLICK HERE](#). True relaxation.

The new office of Vitalis (also available for sub-let)



Vitalis has moved and our clients describe the new room as a wonderful place to just be themselves, a safe sanctuary to come and visit for their coaching sessions. I myself love the big windows overlooking the leafy trees on Haven Green!

As I also work for FreshStart Psychotherapy and Ealing Abbey Counselling Service the room is empty at certain times. In case you are interested to rent it on an hourly basis, feel free to [contact me](#).

[Click here for more information.](#)

Get £1000 worth of coaching for free!



Vitalis Coaching works together with Exemplas that enables business leaders to receive a

reimbursement of up to £1,000 to help meet their training/coaching needs. Are you the business owner (or a member of the senior management team) and do you have at least one full time equivalent employee in addition to yourself?

[Contact Vitalis Coaching](#) now to receive free coaching sessions worth £1.000.

No better example of 'just being' than our own elephant Emily Kate



Our Emily Kate is doing well! For those who do not know, Vitalis Coaching adopted her in 2010 and she has since been a proud member of our team. She lives in Amboseli National Park, Kenya. Reading the following poem in the tube a few weeks ago, made me think of Emily Kate, and how many animals have that wonderful ability to just be and gaze in the distance (you might want to debate it's a difference in intellect, fair point, but for me there is also just something about animals 'being present in the moment' compared to the madness of us 'human doings').

This is the quote, spotted on the Central Line:

"I stare and I stare.
It seems I was called for this:
to glorify things just because they are."
(by Czeslaw Milosz).

And isn't that what we do as coaches? To glorify our clients, just because they are!

Always wanted to be on TV?

Channel 4 might be looking for *you*!

Are you at a crossroads in your life? Do you find it hard to make the right decisions?

Channel 4 is looking for someone who is at a decisive crossroads in their life to take part in a television programme that will attempt to help them come up with solutions and get them on the right track.

Pilot runs in August 2011 and they've asked Vitalis to help search for potential candidates :)

If you are interested in finding out more; please [contact me](#).

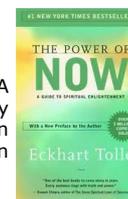


Book tip: The Power of Now

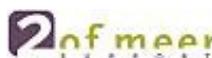
By Eckhart Tolle

The message of this high-rated book is that living in the now is the truest path to happiness. A great book for those wondering what 'living in the now' and 'being truly present' actually means. It describes how our thoughts, moods and emotions can get in the way of living in genuine peace and happiness. Good reading for anyone who might be feeling weighted down by the past or fearful of the future.

Read more on this or [other books, movies and music](#) tips from Vitalis Coaching.



What our clients say:



'Karin was a coach for the ING Bank International Graduate Programme and she made me see that I could be an inspiration to others and to myself!'

Taking about human doings, I was quite busy myself around April this year, as I was flying back and fourth to The Netherlands to coach and train a group of 90 international trainees of ING Bank (I was hired by 'Twee of Meer', to help them coach on this program). I really loved it, and was very happy to receive the following message from one of the participants:

"Karin was a coach for the ING International Graduate Programme in which I participated in the beginning of 2011. Ninety international trainees of ING were being coached and trained on core themes like leadership, career and change ("LEAD week"). Goal of this year's programme was to explore our own personal leadership as an ING employee. Karin was perfect for allowing different personalities and nationalities from all over the world, to blossom in our group. Very interested in all individuals and showing genuine interest, whilst staying focussed on her role in the process. Besides being fun to work with, she is highly inspirational as a person. But, the most important part, Karin made me see that I could be an inspiration to others and to myself as well!"

by Loes Driessen, Asset Manager Residential, ING Bank.

[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

Vitalis Coaching - London

www.vitaliscoaching.com

p: +44 (0)20 8840 3791
m: +44 (0)75 1290 9479

e: karin.peeters@vitaliscoaching.com



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