

Having trouble viewing this email? [Click here](#)**Do you have decisions to make but no idea what to do?**[Forward to a Friend](#)

Are you familiar with that place of confusion? Feeling stuck, trapped or lost in a relationship, job, or an unpleasant situation and you just don't seem to know what to do. Which decision to make, how to move forward, what on earth to do to feel better. It can be emotionally draining and so immensely frustrating. You might feel like screaming: "HELP!!! Will someone please help!!!!!!!"



Maybe you've tried to think about your challenges, but the same thoughts just seem to go over and over in your head. Or you've swept it under the carpet, ignored it and pushed it away for as long as you could. Sometimes it can become so overwhelming that your feelings come out in scary badly timed explosions. Or your body is telling you via all kinds of physical ailments like backaches, headaches or lack of sleep that it's time to do something, anything. But what?

If this is you, read on. You too have the right to be happy.

When clients call me for the first time, they sometimes tell me they want answers and advice; so they can just get back to normal. And in those moments I wish I had a magic wand, a fairy tale stick, to magically change it all for the better. Unfortunately, coaching doesn't really work like that. But what I can do is helping you find your own answers from within yourself. Together we'll find your truth, your voice to express that truth, and an inner drive and courage to act and make it all happen.

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

## Is it hard to find out what it is you really want? Come to our creative Vision Board Workshop

When you say "I don't know what I want" (in life, career, relationships, business strategy etc), this is the workshop for you! The workshop engages the alpha-state of your brain: the part where intuition, creativity, spontaneity, freedom and inspiration live. Insights will come to you like a breath of fresh air!

**Vision Board Workshop: Saturday November 26th 2011, 10.15am-4pm**

[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 collage, a "Vision Board". In an informal, creative and playful atmosphere you'll gain new knowledge about your deepest desires and inner drivers.



**For a video impression: [click here!](#)**

This 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 - W5  
**Sat. November 26th, 10.15am - 4 pm**  
Close to Ealing Broadway and Ealing Common tube and rail stations.

[Read testimonials of previous participants.](#)



Investment:

- Bronze: £49 per person. Create your own Vision Board during the morning workshop (10.15am-12.30pm).
- Silver: £89 per person. Includes the morning workshop and an afternoon of goal setting based on an in-depth analysis and interpretation of your personal Vision Board (10.15am-4pm).
- Gold: £175 per person. Includes whole day workshop (valued at £89), an insightful assessment questionnaire plus a one-hour, face-to-face coaching session with Karin Peeters at a moment of your choice (valued at £100ph).

For more information and registration, please call me personally at 075 1290 9479 or send an email with your details to [info@vitaliscoaching.com](mailto:info@vitaliscoaching.com).

To secure your place:



## £1000 free coaching Get your coaching sessions funded via this special grant

Are you a company owner or a member of the senior management team and do you have at least one full time equivalent employee in addition to yourself? Then we can apply for this government grant and you'll enjoy your coaching sessions at half price! Exemplis offers funding for a maximum of £1,000 via the Management & Training program. Interested to find out more? Please check [Exemplis](#) or contact Karin Peeters directly on 075 1290 9479.



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

**It's OK by David M. Bailey****It's OK to cry. It's OK to smile. It's OK to believe. It's OK to doubt. It's OK to hold on. It's OK to let go. It's gonna be OK. It's OK.**

What ever you decide to do, even when it's doing nothing for now, it's OK.

*Feb. 26, 1966 - Oct. 2, 2010*

David is well-known as a 14 yr survivor of a Glioblastoma brain tumour that was to have killed him in 6 months. His amazing story has inspired thousands all over the world. Are you the next to get comforted by his voice and words?



It's OK

Interested in more inspirational music and books: [click here](#).

**Your heart's desire****A meditation to help you access your intuition and "inner guide"**

Author Barbara Sher once said "You cannot tell your heart what it wants. Your heart will tell you". Let me share with you a way to listen more closely to your heart.

I looked around the world wide web for you all, and was charmed by this guided meditation from Elisabeth Blaikie (Fragrant Heart). Mediation can help us connect with our inner 'wise guide', our intuition, and our inner source of deep knowing. Your heart knows what's correct for you, but its voice is often drowned out by the confusion reigning in the mind. Meditation helps quieten the mind so you can listen to your heart. For the actual mediation: [click here](#). Source: fragrantheart.com



Needless to say, our own upcoming [Vision Board Workshop](#) is also a great way to connect to your heart's desire ;) )

**What our clients say:**

"I have received professional coaching from Karin at Vitalis Coaching and can definitely recommend her services. Karin is knowledgeable and experienced in both the commercial world and also in the coaching environment. She helped me to set realistic goals, but still "stretched" me to achieve beyond my perceived limitations".

Delia Alison Shepherd ~ 60 years ~ Managing Director, ReAssess Limited

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

**Free Coaching Session:**

If you have the honest opinion that 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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grow from within

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

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