

Do you stop yourself from realising your dreams?

 Forward to a Friend

Have you ever been determined to make something happen, but somewhere along the way the good intentions were deserted and nothing came about? How often do you set new plans in motion, only to end up standing in your own way because of the fears that undermine those optimistic plans? Have you ever began a new relationship and then destroyed it because you began to imagine a painful outcome? Do conflicting priorities, postponing, lack of time, feelings of guilt and a sense of 'I can't do it anyway' block your progress?



It might be that you've got a "gremlin" on your shoulder; it's that **unkind voice inside of your head** that is gnawing on your self-esteem, self-confidence and spirit. I'm talking about that voice that is telling you what you should do and that whatever you've done so far isn't good enough. No worries, you're not crazy. It's your **Inner Saboteur** chatting along, undermining your strength and self-belief.

The good news is that you have the power to silence this voice.

If this is you, read on.

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

Find out what makes you tick & overcome your Inner Saboteur: 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 right side 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 June 23rd,
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. June 23rd, 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 creative morning workshop and an afternoon of goal setting and overcoming your Inner Saboteur 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), a free insightful assessment questionnaire, plus a one-hour face-to-face coaching session (valued at £100) with Karin Peeters at a moment of your choice.

Would you like to come together? When you bring someone along, they will get a 10% discount - and so will you!

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

[To secure your place:](#)



Typical examples of the Inner Saboteur

The Inner Saboteur's fears and issues are often related to low self-esteem that causes you to make choices that block your own empowerment and success. The Inner Saboteur comes in many shapes and forms. Which ones do you recognise?



- The **Perfectionist** believes it's never good enough;
- The **Guilt Trip** convinces us that we are selfish unless we put others before ourselves;
- The **Anxious Worrier** fears the worst outcome and therefore never starts;
- Etc etc. How does your Inner Saboteur look, talks and behaves to block your progress?

Interested to find out more? Please contact Karin Peeters directly on 075 1290 9479. You can reach Karin Peeters of Vitalis Coaching by [clicking here](#).

Overcoming your Inner Saboteur A list of questions to help you silence your mind.

To learn how to become aware of the actions of the Saboteur within, ask yourself these questions:

- How do I sabotage myself? What stops me from within? What gets in the way?
- What fears have the most authority over me?
- How aware am I in the moment that I am sabotaging myself? Do I recognise when it happens?
- What are the exact words the Inner Saboteur tells me?
- What do I need to reply in order to rebuild trust in myself?
- Which qualities do I need to develop within myself to be able to overcome this unkind voice?
- Am I able to recognise the Saboteur in others?
- Would I be able to offer others advice about how to challenge one's Inner Saboteur? If so, what would it be?



Eventually, the idea is to **befriend your Inner Saboteur**. Coaching helps to learn to know the roots of its existence. Somewhere deep inside it originates from a kind intention, it has a pure essence, but during your life it went in overdrive and got distorted. As soon as the pure quality behind the magnification is known, it'll support you in reaching your goals.

Needless to say, our own upcoming [Vision Board Workshop](#) is also a great way to overcome your Inner Saboteur ;)

Are you putting on a fake face each time you go to work?

Workshop: Sat 20 & Sun 21 October, 2012

Do you wear a mask, hiding your true emotions, each time you enter the workplace?

To the outside world, your (working) life might look fantastic, but are you not enjoying it anymore? Are you realising that your life is out of balance due to your job? Do you dislike the person you are at work? Are you tired often and are your relationships, health and home-life suffering?

Your work has gotten the best out of you...

Please come to our workshop to get your life back! We'll talk about being overinvested in work, how to change and how to get a life of fulfillment and integrity again. Saturday October 20th and Sunday October 21st, from 10am to 5pm, at a convenient location in London.

More information will follow in due course. Would you like to stay posted, feel free to drop an email to karin.peeters@vitaliscoaching.com and we'll be happy to inform you of any updates.

What our clients say:



"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!"

Loes Driessen, Asset Manager Residential, ING Bank During ING International Graduate Program with [Twee of meer BV](#).

[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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