



Vitalis Coaching

grow from within

full of books. I quote from a freely adapted, but true in essence, mix of what some of my clients tell me *"It was good to read, and certain pieces certainly resonated with me, but I still haven't really been able to change, to master the issue. And so, now I am here, having sessions with you."*

And why do others tell us that they read a book, all fell into place, and they haven't been the same ever since? We rush to get the same book, read it cover to cover, full of anticipation, and.... nothing. Still struggling as before. Why?

Read more about if and how and why self-help books work in my latest blog:

<http://www.vitaliscoaching.com/blog/2014/09/self-help-books-work/>

With love,
Karin

www.vitaliscoaching.com



I like you, do you like me?

I'm always amazed how much time it takes to write my blogs, post insightful information relating to the subjects my clients talk to me



Corporate Training Workshops

Did you know I give trainings and workshops at organisations as well? Over the years I've given (amongst others) workshops on staff days for



Spiritual Psychotherapy & Coaching

Since my first backpacking experience in Asia when I was around 22 years old I have loved **Eastern Philosophy**, the



Contact

Karin Peeters

**Life & Executive Coach
Corporate Trainer
Counsellor & Therapist**





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about, Tweet quotes that make you think or smile, and repeat it all on Google+. That's the "excuse" I have for not having written a newsletter for SO LONG!

If you'd like the time I spend on Social Media to not be in vain ;) and to enjoy the benefit yourself from the nuggets of wisdom shared, **please shower me in your like/follow/love by clicking** on the links below:

[Twitter](#)

[Facebook](#)

[Google+](#)

Very much appreciated!

Image: memegenerator, with thanks!

Westminster Kingsway College and Harrow Council and several 4 day intensive leadership trainings for **hundreds of talents at ING Bank** together with the well-known Dutch coaching company [Twee of Meer BV](#).

I believe in increasing **trust, authenticity, integrity, accountability, joy and meaning** at work, in order to get the best out of yourself, your people and your organisation.

Website Link: [Training Experience and Philosophy](#).

Buddhist Art of Living, yoga, meditation, and the "alternative" ways of healing body, mind and soul. I regularly go back for a "top-up" of the serenity and peace I experience in Asian countries and to study, learn and grow more myself.

Many of my clients come to me specifically because of my corporate background and **practical down to earth approach**, combined with a very **spiritual, soulful, heartfelt and holistic touch**.

Website Link: [Spiritual Coaching and Psychotherapy](#)

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This newsletter comes out (ideally) about 6 times per year. I enjoy writing it. In case you prefer not to receive it, please click the "unsubscribe" link at the bottom of this newsletter. It's not my intention to send "undesired" emails, it's bad for the self-esteem of the email :)

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