



life coach :: trainer :: facilitator :: goddess

Pia Muggenud

... Irresistibly Feminine ...



Copia December Newsletter

... Irresistibly Feminine ...

Irresistible content

[End of year completion](#)

[Christmas Gifts from Copia Coaching!](#)

Join our list

[Join Our Mailing List!](#)

Book Recommendation of the Month

The Invitation

by Oriah Mountain Dreamer

In a world of endless small talk, constant traffic jams, and overburdened schedules, "The Invitation" opens the door to a new way of life -- a way of intimacy, honesty, and peace with ourselves, others, and the world around us. The Invitation is an invaluable guide to overcoming the obstacles that stand in our way and to discovering the true beauty that life has to offer.

Movie Recommendation of the Month

Dangerous Beauty

The creators found a modern feminist role model in the world's oldest profession.

Veronica Franco is a commoner who, having had her heart broken by a man whose social station prevents their marriage, adopts her mother's former profession

Message from Pia

Christmas and the New Year is coming up faster than we can blink, it seems.. And although I am not making this newsletter about Christmas, I am giving you the opportunity to give coaching as a gift this season. Read on!

There seems to be some mixed thoughts and confusion about my slogan "*Irresistibly Feminine*", so I thought it would be valuable for me to shed some light on this here in my newsletter for December.

Working with a coach is like doing a makeover for the INSIDE. That is, you go inside to shift some things around, learn new ways of communicating, install healthy conditions in your life and include some new concepts. Altogether, these contribute to a person's higher development and a deeper understanding of who you are as a human being.

When your life is in great shape, it becomes easier to create and live your life in such a way that there is nothing in the way of you living your dreams. The person you are exudes an *irresistibility*, making you attract those people, opportunities and "good stuff" which we all want!

So what "*Irresistibly Feminine*" boils down to is that coaching becomes an opportunity for women like you to gain such a solid clarity and grounding in your lives; feeling fully connected with the powerful, beautiful women that you are. Every day!

Every day I am present to new opportunities to learn to become more present and to be able to handle what is thrown my way; and sometimes things like technology trips me up.. Like during last month's newsletter send-out that I understand was sent to you more than once... Please accept my sincere apologies for this, and I aim to make the months to come much more user-friendly for all of us. :-) Love, Pia

End of year completion

of courtesan--prostitute to the court--A Venetian courtesan becomes a hero to her city, but later becomes the target of an inquisition by the Church for witchcraft.

This movie does have important historical themes, re the Church, women's historical subservient status. It's also lusciously

beautiful

Friendly Links

[6 year old warms hearts..](#)

[Silly dancing - worldwide..](#)

We have come to that time of year again, where we start planning for the New Year and create resolutions for bigger and better results. But before you go on to conquer the world in 2009, don't you think it's important to celebrate how far you have come this year.

More importantly, the current financial situation may have you worried and confused about what 2009 can bring. So this exercise can support you in starting 2009 with a feeling of accomplishment and gratitude.

So get your journals out, find a spot where you can have some privacy and quiet time to reflect. Now it is time to acknowledge your 2008, with an End of Year COMPLETION.

1. What are your disappointments, failures, and breakdowns? Let's acknowledge what these items are....this is an opportunity to let them go, carry them forward, or make a new promise.
2. Make a second list titled: Successes, Wins and Accomplishments. This is a chance to celebrate and own who you have become this year, and your achievements. Where did you step into your power and greatness? Please do not skimp on these. The little stuff counts. NO modesty allowed. Let's validate all your accomplishments. Look through your organizer to remind yourself.
3. What have you learned about yourself and your life? What insights have you gained? True insights have the transformational capability of shifting us into a new, more alive place! As we are blessed with insights it is important to nurture and deepen these new understandings.
4. What are you grateful for? This list might include some of the above and anything else you truly appreciate about yourself or any other area of your life. There is a basic principle. Whatever you appreciate and give thanks for will increase in your life.
5. How will you celebrate and honour your year 2008 accomplishments? What would be a fun, special thing to do for yourself?

Finally, for a little more inspiration, you can read my article from this time last year entitled, [Looking Back](#).

Christmas Gifts from Copia Coaching!

Thinking of a holiday gift for a professional colleague, friend, or a loved one? And you are still stuck for something that will really communicate how much you really care?

This Christmas why not give the important people in your life the gift of health, serenity and overall wellness. For that matter, how about yourself, don't you deserve a gift too, why not sign up yourself?

Copia Coaching offers tailor-made gift vouchers that can be used either towards one-on-one coaching or towards one of our workshops for women. And the great news is that we will fit any budget! With Copia Coaching, "Explore Coaching" 4 week package, you will be giving the people you care about most an opportunity to experience clarity, gain direction and a road map to moving forward.

We have a small number of discounted "Explore Coaching" packages for the first 5 people to register and pay in full. The package sells for as little as HK\$3,500. That is a saving of HK\$2,500!! What are you waiting for?? Call 6103 00809 NOW!

According to one survey of coaching clients, "sounding board" and "motivator" were the top roles selected for a coach. Clients are looking for a coach "to really listen to them and give honest feedback." These are just to name a few hats that a Life Coach will wear when working with you.

If you have challenges, if something is not working or is missing in life, someone who will listen and support you moving forward is an awesome gift for yourself! So what better time to work with a life coach in order to discover the truth of who you are, to learn that you have everything you need and see that anything is possible now! Learn more about how Copia Coaching could be your answer [here](#).

**Merry Christmas
and all the very best for a Healthy, Wealthy and Happy New Year!**

*"Blessed is the season which engages the whole world in a conspiracy of love!"
~Hamilton Wright Mabie*

sincerely and irresistibly yours...

Pia Mugerud
Copia Coaching
www.co-pia.com

QUOTE OF THE MONTH:

"There is no greater path than the one that leads you back to yourself and to your own source of love within." -Barbara De Angelis