



Copia October Newsletter ... Irresistibly Feminine ...

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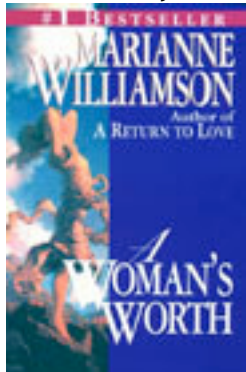
[Making your dreams happen](#)

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Book Recommendation of the Month

Marianne Williamson's book [Woman's Worth](#) explores the contours of a woman's spiritual and emotional life. Filled with challenging observations and inspirational insight, the book champions the role of women in today's world.



Movie Recommendation of the Month

[The Ya-Ya Sisterhood](#)

Message from Pia

Welcome to Copia Coaching's first official newsletter

especially written by, to and for WOMEN like you; committed to having your life work for YOU! You are receiving this newsletter because we have met in person and/or exchanged contacts or you have worked with us over the years.



We decided that a regular newsletter would be a fantastic way to serve you better by letting you receive exciting new events and articles directly to your inbox every month. This also gives us a chance to reward your loyalty with special offers and free tools to support you direct your life in an easier more fun way! I will also be connecting with you with a monthly recorded message, so I don't just remain a stagnant face on your lap top, and instead you can see me here - to watch [October's personal message!](#)

The launch of this newsletter is also in conjunction with launching my newly designed website. After weeks and weeks of carefully designing and choosing options that would serve you best, I feel really excited about the launch of Copia's Irresistibly Feminine site. Hurrahh!!! [Click here](#) to go directly to the site.

You may of course unsubscribe at any time if you no longer would like to receive emails from us. We do of course hope that you will choose to stay in touch with us through this newsletter and be informed, inspired and become more Irresistibly feminine...

Irresistible Feminine

Resources for women who want to focus on what is important to them

In my experience, every woman wants to be beautiful, feel confident and be connected with herself and others. Sometimes we get lost in our busy schedules with what is important and finding ways to continue being true to our deepest yearnings.

Through this monthly newsletter, I will be sharing more insights and tools for you to start reminding yourself about what it means specifically for YOU, to be Irresistibly Feminine. This month, read my article ["The Embodiment of the Urban Goddess"](#) to reconnect

Sidda, a successful playwright, still wrestling with her manipulative mother Vivi, after a traumatic upbringing. Her mother's friends, who formed a secret society, the Ya-Ya Sisterhood as children kidnap Sidda, in hope that they might explain her mother's history to heal the rift between Sidda and her mom.

with some simple steps that are doable in even the busiest of schedules.

Making your dreams happen

even when the odds are down..

Have you ever been faced with a goal or task that just seemed impossible or you were overwhelmed with the thought of even taking the first step?

This month, after 12 years in Hong Kong, I received my permanent residency. Normally this takes 7 years, but due to a break in my 12 years, it has taken me this long.. I will not bore you with the painful details of what I had to go through, all the tricks I had to pull out of my sleeve to reach this outcome, but there were MANY moments I was faced with the reality of having to pack my bags and leave the country.



What did I do you may be asking yourself?.. Well, I made it my business to not allow anything to stop me from reaching my goal, neither negative thinking on my part, or a negative attitude from an immigration officer. And I am glad to say, it WORKED!!

What goal are you faced with now, that you feel you somehow do not have the means to complete? Or all the odds seem against you? The **G.R.O.W. model** is a simple yet powerful tool to support you reaching your target. GROW is an acronym standing for Goal - Current Reality - Options - Will.

A useful metaphor for the GROW model is the plan you might make for an important journey. First, you start with a the map: Here you decide where you want to go (Goal) and establish where you currently are (Reality). Then you explore various ways (the Options) of making the journey. In the final step, establishing the Will; how do you get committed to making the journey.

G.R.O.W. can help with many of the practicals. Where I found most value was believing that I could DO it!! **TRUSTED** that the outcome would be the right one for me, and did not entertain my stories about what I was and was not in control of. I allowed my **INTUITION** to guide me to more peace of mind when there did not seem to be any room for peace...

There is always a grander plan, and if the GROW model will help you gain more peace of mind through action, great! And like the Secret says, set your intention and also you have to be open to allowing your wish to happen.



Irresistible Feminine workshop series for women

Connection :: Trust :: Love

These workshops are designed to support and guide your ongoing journey through life. What we intend for you out of these workshops is that you, like a Goddess, enjoy and express your femininity with courage, joy and love.

The series is divided into 3 workshops, focusing on specific issues: connection, trust and love. The first in these, connection, is scheduled to be run in Hong Kong in November.

In this workshop, we focus on learning to feel deeper inner connection with yourself. It can be a risk to be truthful and accountable, to be open and to expose our softness... [read more](#)

Schedule: November 2008

Life coaching is one of the leading tools that are available to people who want support and guidance in being their best. With Copia Coaching, you enter into a partnership in which we support YOU, the client, in accessing your inner resources, qualities and capabilities to achieve the life you desire. We conduct weekly sessions to provide the framework, accountability and focus that enable you to gain insight into what you really want. In return, you set better goals for yourself, discover bigger possibilities, overcome barriers and achieve greater success and satisfaction in any area of life. You set the focus and the coach implements the strategies to reach these goals as effectively as possible.

I hope you will enjoy the support and resources we aim to give you through this newsletter and also through our services.

sincerely and irresistibly yours...

Pia Muggerud
Copia Coaching

QUOTE OF THE MONTH:

"The woman's mission is not to enhance the masculine spirit, but to express the feminine; hers is not to preserve a man-made world, but to create a human world by the infusion of the feminine element into all of it's activities."

- Margaret Thatcher