



## Creating Success...

May 16th, 2011

Hi **Simone**

In the past few months I have worked on putting my two websites and newsletters together, continuing to provide my clients with helpful resources and tips for leading successful lives and excelling in performance.

So Coaching Artistry has now been merged with Simone Coaching bringing you a new look, and more resources to help you on your journey towards success.

These newsletters now have a slightly different format allowing you to find what you feel is most helpful to you as easily as possible - just click on the appropriate links.

Change is one of the constant things in life, yet so many of us fear it, resist and in vain try to avoid it. When we accept the changes that our lives bring, even when it is uncomfortable or painful, we embrace the good changes which also occur. Think of some of the positive changes you can make right now in your life and performance.~

Until next time, be well...

Simone

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## NEWS

There is now a [Newsletter Archive](#) on my website! All the newsletters published over the last few months have been put together, which will give you access to all of the information and resources in one place.

Be one of the first to join the new '[Simone Coaching](#)' Facebook page to meet other artists and people who strive for success. Check out the 'resources' tab and use the tools there to help you make changes.

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## FEATURED ARTICLES

### *HOW TO SET CLEAR, SPECIFIC GOALS*

Once a performer knows what he/she wants, they have taken the first step. The next one, would be to set their specific performance goals making sure they are aligned with their ideal performance. For example, if your ideal performance is to feel relaxed and structured, then your specific goal should match that outcome. Perhaps you would need to focus on relaxation exercises and your preparation / practice. Imagine wanting to feel relaxed and structured and instead focussing on how to be more energetic and spontaneous. In the end there would be a conflict worth avoiding from the start.

When setting goals, it is important to **state them positively** and to be as explicit as possible. This is significant because our minds are direction-oriented and we often get what we focus on. For example, if your goal is to have steady, controlled hands while playing your instrument, there's no point in constantly saying, "*I don't want shaky hands while playing*" as you are focussing on the shaking rather than the steadiness.

[Read full article here...](#)

### ***HOW TO EXPERIENCE MORE PASSION IN YOUR LIFE***

Many of my clients come to me because they feel that their lives lack passion, whether in a personal relationship, in work or in some other area of their life. What happened to it? Was it there at the start? If yes, where is it now? If not, how come?

When you feel passionate about something, it is usually linked in some way to your values. If you are passionate about your work, it is because it is important to you. Hence, your related value may be career fulfillment. If you feel passionate about music or about art, your values may be creativity, expression, communication and connection. If you experience passion in a personal relationship, then love, spiritual and physical connection, may be some of your values.

[Read full article here...](#)

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### **SIMONE RECOMMENDS**

["The War of Art"](#): Break through the Blocks and Win Your Inner Creative Battles - By Steven Pressfield.

This book has been a great read and can give us all the 'kick up the butt' we sometimes need on our creative quests. Click on the link above to read reviews and have a peep inside the book.

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## ABOUT SIMONE

**Simone Niles is a woman, a mother, a life coach, a vocalist & tutor, a performance coach, an author, an artist...**

Simone coaches clients from all walks of life, as a **catalyst to help them reconnect** with their inner wisdom and unique potential, to enable them to make the best choices to **live their lives to its fullest.**

She has been an **active vocalist and tutor** for the past 16 years. She teaches privately, as well as in colleges and universities within contemporary styles of music - jazz, blues, funk, reggae, pop, R&B, soul. She has worked with a variety of artists from diverse backgrounds including Eddy Grant, members of Pink Floyd as well as Michael 'IBO' Cooper and Willie Stewart of Third World.

Read full bio [here...](#)

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