

You're The One Newsletter

YOUR NO 1 PRIORITY!

Issue 15 Vol 5 May 2020

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COMING SOON TO THIS SPACE!

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2020 - Best Year Workshops
2020 - Webinars
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What's New With Karen

Welcome to May 2020! Well, we do live in strange, yet somehow beautiful times! Beautiful, you may well ask? Beautiful; because I believe the Australian spirit is alive and well, as most have adjusted & embraced the social distancing and lock down measures on their lives and livelihoods amazingly. It is a sign of a healthy & beautiful society - one where care for one another is still at the core its essence. So, with May upon our doorstep (*and the start of the usual influenza season*) my theme this month is prioritising our own health and well being as our number one priority going forward. That means maintaining scrupulous hand hygiene, giving our bodies healthy nutrition & hydration, bouts of exercise, sleep & self care. The other important factor in our own self care, is our mental well being. Recently, I was feeling a bit off color, however I kept my commitment of a weekend regular walk-and-share ritual with a girlfriend. Both of us are health care (*essential care*) workers & we agreed how much better we feel when we can breathe in the fresh air, talk, laugh, unwind, move and kick our immune systems into gear. (*Note: Our immune systems are affected by thinking negatively, so it is vital during these times that we prioritise all elements of our health and well-being, so we can carry on in the Aussie spirit, of taking care of others who are more vulnerable during these times.*) Keep positive! Be Strong! Love Karen XXX (PS Over the next few months, YTO Newsletter will not be featuring a guest interviewee so we can prioritise other important information at this time) (Happy Birthday to my Sister, Andrea, on May 20th! x)

BE HOPEFUL. BE AT PEACE. BE STRONG. THE VICTORY IS YOURS.

Yours sincerely,

karen vella

yto owner & founder, performance consultant & life coach (cert iv)

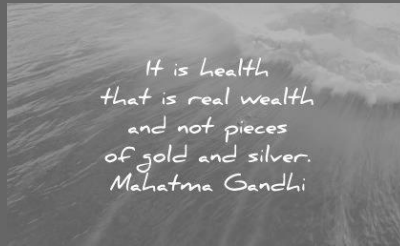
yto nlp practitioner (nlp, Time@Line Therapy, Hypnosis, Coaching)

M:0419570011 |

E: karen@youretheone.com.au | W: wouretheone.com.au

WORDS TO LIVE BY FOR YOU ALL

Love Karen at YTO Life Coaching



love

karen@yto.com.au

Please pass on to all your friends, colleagues, family and loved ones! Love Karen - YTO Life Coaching.

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