

You're The One Newsletter

CHAMPIONS HELP THE FALLEN! Issue 3 Vol 13 March 2022

In This Issue What's New With Karen Mojo Tip

Karen Recommends



COMING SOON TO THIS SPACE!

2022 - Mojo Classes
2022 - Best Year Workshops
2022 - Webinars
2022 - New Products
2022 - 1 on 1 Life Coaching
And more....

Quick Links...

[Our Website](#)
[Products](#)
[Services](#)
[More About Us](#)

What's New With Karen

Welcome to March. This month I'm inspired to highlight the life of a true Champion, John Landy. Landy, 91, passed away (24.02.2022) in Castlemaine, Victoria, with his family at his bedside after battling Parkinson's Disease. Most Australians will recall Landy's historic act of sportsmanship in 1956 in Melbourne (*whilst in his mid 20s*) running in the Australian Mile Championship, Landy was in a positive position when fellow competitor, Ron Clarke, tripped & fell in front of him. Landy jumped over Clarke, returned back to help his rival to his feet. Landy then went on to win a race that guaranteed his place on the Australian Olympic Team. Landy later reflected uneasily on this as *"That silly race when I whizzed back to Ron Clarke. I reacted on the spur of the moment. I ran down his arm with my spikes when I was jumping over him. That's why I went back. A lot of people seemed to think it was the most significant thing I ever did in running. It wasn't."* Others saw this more heroically and the moment has been voted in 1999 in the Sport Australia Hall of Fame Gala as **'The Finest Sporting Moment of the Century'**. Landy was a true Champion both on and off field and achieved so much in life. Although John Landy may have been one of the greatest middle-distance runners of his era & Governor of Victoria, he was much more, a capable scientist, an author, a humanitarian, a husband and father. The qualities of his Champion spirit can be seen very early on in his life and continued on right through to the end. We remember both a Champion & gentleman, John Landy, and your qualities of humility, dignity, generosity & openness. May we be inspired by your example, to strive forward, reach back, help those who fall, & strive on to become Champions in our own lives. Love Karen XXX PS Happy Birthday to my Beautiful Mother in Heaven 1st March (RIP Mum), and to my Beautiful Father who is alive & thriving on the 2nd March.

HUMILITY. MOTIVATION. REACH OUT. LIFT UP.

"As You Grow Older, You Will Discover That You Have Two Hands, One For Helping Yourself, and the Other For Helping Others."

- Maya Angelou -

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: youretheone.com.au

MOTHER TERESA QUOTE
Love Karen at YTO Life Coaching



It is a Kingly Act to Assist the Fallen
karen@youretheone.com.au

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

Offer Expires: 31 March 2022

Copyright © You're The One

Disclaimer: The ideas, thoughts, concepts and models (Information) that have been detailed above are those of the person sending you this communication and do not take into consideration your business finances, risk profile, legal and specific needs for your business. You should always seek sound financial and legal advice if you are unsure whether to act upon the Information provided. You agree to assume the entire risk as to your use of this Information. You agree to hold You're The One, its directors, shareholders, employees, agents, representatives and affiliates harmless in any claim or event.

IMPORTANT NOTE: You have received this email because you have subscribed to a past newsletter, readers resources or other communication. If you no longer wish to receive this message, please unsubscribe or change your preferences. (see the links at the bottom of the page). Please don't use the junk mail filter on your mail service as it prevents other subscribers on your USP from receiving their mages - thank you!