



**essence**coaching  
essential + common sense

# Essential Pearl

Weekly self\* tip



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How strong is your inner strength?  
Are you an **Oak** standing staunch, or  
a **Willow** bending with the wind?  
Be a **Willow** - with **belief in yourself**  
and **trust in who you are**, you'll **zig**  
**zag** and **succeed** in today's constantly  
moving and often uncertain world.

*"Know thyself" Socrates*

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Essential Gym is an holistic coach approach to sustainable SELF\* Wellness.

*Tone Up - Your Mind, Body and Soul!*

\*Self: Soul Essence Love Fulfillment

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**Jane Thomas** ACC  
Principal Coach  
Essence Coaching



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