



essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip



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JAFLO©

*Just Another Fabulous Learning
Opportunity* ©

JAFLOS are mistakes and 'failures'!

Embrace and enjoy them for they
lead to **Insights** that enhance **Growth**
and ultimately **SUCCESS!**

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Visit our website
www.essentialgym.com

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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