

You're The One Newsletter

YOUR TIME TO SHINE! Issue 10 Vol 17 October 2025

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COMING SOON TO THIS SPACE!

2025- Mojo Classes
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2025 - 1 on 1 Life Coaching
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What's New With Karen

Welcome to October 2025, a time when our days are now becoming lighter & the sun shining brighter. On the theme of shining, I was incredibly moved witnessing Australia's very own, Matildas Striker, Mary Fowler, make history ***opening and walking the Runway at Paris Fashion Week (as part of the L'Oreal Campaign)***. Mary, is a 22-year-old professional football player, born in Cairns, Far North Queensland. She shared the stage with celebrities such as Jane Fonda, Helen Mirren, Eva Longoria, and Kendall Jenner ***as part of the Walk Your Worth campaign***. The historic moment focused on ***empowerment and self-worth***, with ***Fowler delivering a message about 'being yourself and showing that you don't have to be just one thing'***. These are themes that particularly resonate with myself also. It's about us all shining out and being proud of who we are, owning our bodies, and celebrating our uniqueness. We do not feel the need to compare ourselves with anyone else's version of what we should look like or who we should be. Simply put; a pure celebration of embracing being comfortable in our own skin and shining out. So my invitation to you also in October, is inviting you to celebrate your true authenticity, and letting yourself shine out for all to see. It's Your Time to Shine. Love Karen XXX

**EMPOWERMENT! WALK YOUR WORTH! BE YOURSELF!
SHINE OUT! BE COMFORTABLE IN YOUR OWN SKIN!**

"Be confident in the skin you are in, because that is the only body you will ever have, the only place that will ever be solely yours."

-Deejae Harper-

Yours sincerely,

karen vella

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Your Body is Precious
Love Karen at YTO Life Coaching

"Your body is precious. It is our vehicle for awakening. Treat it with care."

-Buddha



Buddha
karen@youretheone.com.au

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

Offer Expires: 31 October 2025

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