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It's the anniversary of the foundation of Vitalis Coaching!! And we could not think of a more original way to celebrate, then to adopt Emily Kate, a happy and adventurous little elephant in Afrika :)

"Personal & Professional Growth" and "Happy Living" are what [Vitalis Coaching](#) is about. This month, we will reach a happy growth milestone of our own and we'd like to celebrate it with you. The 8th of August marks the anniversary of the foundation of Vitalis Coaching.

Clearly, a celebration of some kind is in order. So we've decided to **adopt an elephant via the Born Free Foundation**.

We like to think that elephants symbolise some of the qualities that coaching develops within our clients: **inner calm, strength, dignity, perseverance, wisdom, hope, patience, teamwork and community**.



We'd also like you to think of this as a small thank-you for your support over our previous years, and a hope that we'll continue to enjoy it in the years to come.

So we'd like to introduce **Emily Kate** to the Vitalis team. She lives in Amboseli National Park at the foot of Mount Kilimanjaro in Kenya, and is a playful, adventurous and happy little elephant. You'll be hearing more about her in our e-newsletters and on our website.

We hope she'll serve as a reminder of your own qualities of inner calm, strength, perseverance, wisdom and teamwork.

If you're inspired to adopt an endangered animal yourself: www.bornfree.org.uk.

Yours sincerely,

Karin Peeters
Managing Director
[Vitalis Coaching](#)

Interested to find out more about what Life Coaching can do for you and your life: [please click here](#) to contact us.

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