



## A Letter From Coach Esi

### Welcome to the Loving Yourself To A Life You Will Love Course!

Loving Yourself is important because it builds confidence so that you can reach your goals and face any problem that comes your way.

My name is Esi Colbert, Coach Esi, and I will be your instructor for the next 7 weeks in this completely online course. This course runs July 8th through August 26th. In this letter you will find basic information about the course. The course will be conducted in Canvas and everything for your success will be found there. On July 7th at 11:59pm ET your course will load and appear in the Dashboard section. Once the course loads you will be able to login and begin the course.

Live Sessions/Lectures and Q & As will take place Wednesdays at 7pm ET. The link to the lecture is Canvas in the Sessions section.

**If you have not already enrolled in the course click below to enroll:**

[Click here to register](#)

Use the following join code: FKHJ9K

[Click here to login if you have already registered](#)

Enjoy Life!

Sincerely,

*Coach Esi*

**Life Coach and Trainer**