



Leonard

| Home



Nikki Fourie

Leonard Clinton Williams III

How's the fitness biz

Feb 23, 2021 1:13:04pm

Leonard Clinton Williams III

How have you been Nikki

Feb 23, 2021 1:12:49pm

Leonard Clinton Williams III

But I am severely ill

Jan 08, 2021 11:02:40am

Leonard Clinton Williams III

Sorry if I sound like a downer

Jan 08, 2021 11:02:34am

Leonard Clinton Williams III

I am ok to do this

Jan 08, 2021 11:02:24am

Leonard Clinton Williams III

These repeated messages are causing me terrible distress. I am very unwell

Jan 08, 2021 5:51:03am

Leonard Clinton Williams III

But I plan on making the call. If this unpredictability is a dealbreaker cancel the call.

Jan 08, 2021 5:50:10am

Leonard Clinton Williams III

I am very severely ill. I get into a terrible condition all of the sudden due to a traumatic brain injury.

It is for this reason that I cannot 100% make any future commitment. I plan on making our call today. If I have traumatic stress symptoms I will have to cancel. Again, I never know when these symptoms will hit.

I will warn you as well that I get hostile and have irritable angry outbursts without warning. There is nothing to worry about. It is an uncontrollable symptom of my illness. I am not a threat or danger to anyone, not at all.

Jan 08, 2021 5:49:12am

Leonard Clinton Williams III

If I get bad off I will let you know

Jan 07, 2021 12:24:19pm

Leonard Clinton Williams III

Ok we'll do it

Jan 07, 2021 12:24:06pm

Nikki Fourie

Yeah i have. 💎💎

Jan 07, 2021 12:10:07pm

Leonard Clinton Williams III

If you still want we can try. I'm just very unwell

Jan 07, 2021 12:08:47pm

Leonard Clinton Williams III

I just got one

Jan 07, 2021 12:08:31pm

Leonard Clinton Williams III

Did you send me an invite

Jan 07, 2021 12:08:28pm

Leonard Clinton Williams III

I cannot make it Friday. Thank you for the offer though. I am seriously unwell and can't focus on fitness at the moment.

Jan 05, 2021 3:05:20pm

Leonard Clinton Williams III

Ain't you a peach

Jan 05, 2021 2:35:06pm

Nikki Fourie

100%!

Jan 05, 2021 8:58:33am

Leonard Clinton Williams III

And are cool with that

Jan 05, 2021 8:57:18am

Leonard Clinton Williams III

You do realize that I have no money

Jan 05, 2021 8:57:13am

Leonard Clinton Williams III

9 [REDACTED]

Jan 05, 2021 8:56:59am

Leonard Clinton Williams III

Ok

Jan 05, 2021 8:56:51am

Nikki Fourie

Yeah i know- i just need it to set up your profile in my calendar

Jan 05, 2021 8:56:41am

Leonard Clinton Williams III

Re [REDACTED]

Jan 05, 2021 8:55:58am

Leonard Clinton Williams III

Using my name

Jan 05, 2021 8:55:53am

Leonard Clinton Williams III

If we do Skype you will call Skype

Jan 05, 2021 8:55:50am

Nikki Fourie

And your cell no please?

Jan 05, 2021 8:55:33am

Leonard Clinton Williams III

Ok you can do [REDACTED]

Jan 05, 2021 8:53:52am

Nikki Fourie

Just for an invitation to our call.

Jan 05, 2021 8:53:29am

Leonard Clinton Williams III

I am [REDACTED]

Leonard Clinton Williams III

Jan 05, 2021 8:53:15am

Leonard Clinton Williams III

For Skype

Jan 05, 2021 8:53:06am

Nikki Fourie

Please give me your email?

Jan 05, 2021 8:53:00am

Leonard Clinton Williams III

See you Friday

Jan 05, 2021 8:52:48am

Leonard Clinton Williams III

I'll skip the interview

Jan 05, 2021 8:52:45am

Leonard Clinton Williams III

So did you just move to NY

Jan 05, 2021 8:52:17am

Nikki Fourie

Perfect.

Jan 05, 2021 8:52:02am

Leonard Clinton Williams III

Is that doable?

Jan 05, 2021 8:51:43am

Leonard Clinton Williams III

But will be up at 12 noon

Jan 05, 2021 8:51:32am

Leonard Clinton Williams III

I will not be up at 3pm

Jan 05, 2021 8:51:23am

Nikki Fourie

So Friday 3pm est?

Jan 05, 2021 8:51:12am

Leonard Clinton Williams III

8:51

Jan 05, 2021 8:51:07am

Leonard Clinton Williams III

It is 8:49

Jan 05, 2021 8:51:03am

Leonard Clinton Williams III

You are in eastern too right

Jan 05, 2021 8:50:58am

Leonard Clinton Williams III

Eastern

Jan 05, 2021 8:50:48am

Nikki Fourie

What time zone are you?

Jan 05, 2021 8:50:44am

Leonard Clinton Williams III

What is your Skype name ?

Jan 05, 2021 8:50:42am

Leonard Clinton Williams III

We will do Friday at noon

Jan 05, 2021 8:50:28am

Leonard Clinton Williams III

Yes that will work

Jan 05, 2021 8:50:23am

Nikki Fourie

Okay so on Friday?

Jan 05, 2021 8:50:17am

Leonard Clinton Williams III

And actually let's kick it a day or two

Jan 05, 2021 8:49:50am

Leonard Clinton Williams III

I'm usually up all night and sleep during the day

Jan 05, 2021 8:47:40am

Leonard Clinton Williams III

I might could do 12 noon today

Jan 05, 2021 8:47:24am

Leonard Clinton Williams III

I sleep odd hours

Jan 05, 2021 8:47:11am

Nikki Fourie

When are you available?

Jan 05, 2021 8:46:53am

Leonard Clinton Williams III

That work?

Jan 05, 2021 8:46:18am

Leonard Clinton Williams III

Do you want to do Skype

Jan 05, 2021 2:22:46am

Leonard Clinton Williams III

Thank you

Jan 05, 2021 2:22:39am

Nikki Fourie

You will get stronger. I will help you. 💎💎

Jan 05, 2021 2:17:49am

Leonard Clinton Williams III

Please be patient as I am very unwell and am fighting for my life right now

Jan 05, 2021 2:16:45am

Leonard Clinton Williams III

I will have to get back with you

Jan 05, 2021 2:16:18am

Nikki Fourie

Let's have a call, and then we can see what we can do.
When do you have time for a call? I'll put you in my schedule.

Jan 05, 2021 2:15:50am

Leonard Clinton Williams III

I have no money Amiga

Jan 05, 2021 2:14:59am

Nikki Fourie

Yes i am indeed, but it is super important for me to look at my clients history before I take on any form of fitness program with them. If I get to work with you, we'll firstly focus on the psychological aspects and then move on to the fitness side of things.

Jan 05, 2021 2:14:36am

Leonard Clinton Williams III

I am just very unwell and don't use them

Jan 05, 2021 2:12:06am

Leonard Clinton Williams III

I have bowflex free weights at home

Jan 05, 2021 2:11:48am

Leonard Clinton Williams III

You are a fitness coach?

Jan 05, 2021 2:09:58am

Leonard Clinton Williams III

What do you do

Jan 05, 2021 2:09:52am

Leonard Clinton Williams III

I have a profound traumatic brain injury

Jan 05, 2021 2:09:41am

Nikki Fourie

If i may ask what are your current obstacles? What illnesses do you have?
I am extremely sorry to hear that, but I will do my utmost best to guide you.

Jan 05, 2021 2:09:19am

Leonard Clinton Williams III

That's one obstacle

Jan 05, 2021 2:08:31am

Leonard Clinton Williams III

I am severely ill

Jan 05, 2021 2:08:24am

Leonard Clinton Williams III

But I do need to be more fit

Jan 05, 2021 2:08:05am

Leonard Clinton Williams III

You can now message and call each other and see info like Active Status and when you've read messages.

Jan 05, 2021 2:07:54am

Leonard Clinton Williams III

I'm far away from NY

Jan 05, 2021 2:07:54am

Nikki Fourie

Hi Leonard, i see that you're a busy professional. Are you looking into changing things up with your fitness goals this year? 💎💎

Jan 05, 2021 12:21:35am

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