



# LAUNCH DAY!



**WEDNESDAY, MARCH 8, 2023**

[www.lifecareerstudio.com](http://www.lifecareerstudio.com)



# 2023

## ENTRADA

### Membership

### Session Guide

BY RACHEL NEWTON MTC CBCC MQT

**This guide belongs to:**

---

[www.lifecareerstudio.com](http://www.lifecareerstudio.com)

# ENTRADA Membership Pillars

## Vision Statement

[According to Gallup\\*](#), [80% of people are disengaged in their work](#). I work with clients who no longer want to accept the status quo. My Personal Life Mission is to shift this to 80% engaged.

My tenets to cultivate and manifest ENTRADA Meaningful Work:

Creating Intentional Community.

Community Group Wisdom.

Sharing is Caring.

Knowledge Reciprocity – [“When one teaches, two \(or more\) learn.” Robert Heinlein](#)

Uncover your Career Superpower = ENTRADA Power.

# ***ENTRADA Membership Pillars***

## **Standard Operating Procedures (SOP's) for ENTRADA Membership**

As your Guide for this Journey, expect me to be your  
Servant Leader – I am and will be:

Authentic, Agile & Accountable.

Brave and Bold.

Committed, Consistent, Curious & Challenging.

Expect the unexpected from me and from this process!

## **Co-creating Community with members – How May I Serve You?**

---

---

---

---

---

---

---

# ***ENTRADA Membership Pillars***

## **The Purpose of the ENTRADA Membership**

To create Career Community with a combination of  
KNOWLEDGE and ACTION.

Walk the Talk.  
Implement.  
Accountability.

## **ENTRADA Manifesto**

Energy  
Needs  
Team  
Respect  
Awareness  
Dreams  
Awesome

## **Success Metric**

For members to leave each session with  
a sense of something different, new  
and/or a reminder/ remembering.

That they are different/ better  
than when they started the session.

# ENTRADA MEMBERSHIP PILLARS

## “START CLOSE IN” POEM BY DAVID WHYTE

Here is the poem by David Whyte called "Start Close In"  
– if you wish to hear him reading it:  
[Start Close In read by David Whyte](#)

For me this poem evokes and inspires me to start something that may be challenging with a small action forward, whatever that can mean for me and especially when it feels scary or uncomfortable or I am resisting. It also helps me connect into trusting myself and not to listen or yield to what others may be saying that might stop me or cause me to hesitate to take even the smallest movement to shift the needle towards proactively creating something new for myself. David's words help me to trust being Unapologetically Me. I invite you to explore what your impressions and would love to hear from you if you wish to share.

- Rachel Newton

# ENTRADA MEMBERSHIP PILLARS

## “START CLOSE IN” POEM BY DAVID WHYTE

Start close in,  
don't take the second step  
or the third,  
start with the first  
thing  
close in,  
the step  
you don't want to take.

Start with  
the ground  
you know,  
the pale ground  
beneath your feet,  
your own  
way of starting  
the conversation.

Start with your own  
question,  
give up on other  
people's questions,  
don't let them  
smother something  
simple.

# ENTRADA MEMBERSHIP PILLARS

“START CLOSE IN” POEM BY DAVID WHYTE

Start with your own  
question,  
give up on other  
people’s questions,  
don’t let them  
smother something  
simple.

To find  
another’s voice,  
follow  
your own voice,  
wait until  
that voice  
becomes a  
private ear  
listening  
to another.



# ENTRADA MEMBERSHIP PILLARS

“START CLOSE IN” POEM BY DAVID WHYTE

Start right now  
take a small step  
you can call your own  
don't follow  
someone else's  
heroics, be humble  
and focused,  
start close in,  
don't mistake  
that other  
for your own.

Start close in,  
don't take  
the second step  
or the third,  
start with the first  
thing  
close in,  
the step  
you don't want to take.

## Personal Inquiry Questions

I invite you to consider and answer these questions to help you determine where you are as you start this ENTRADA Journey. Write the answers here, in your journal, or somewhere else that you can refer to easily and at least daily during this ENTRADA process. There are no wrong answers - trust what comes up for you.

1. Who am I today?
2. Where am I today – in my career? In my life?
3. Why am I here in this process?
4. What do I want from myself in relation to my career? And my life?
5. How do I need to be to achieve what I want?
6. How will I know I achieved what I want from this process?















# ENTRADA Membership Tool

## STOP – MINDFULNESS AND STRESS MANAGEMENT TOOL

**S stands for STOP:** I simply stop what I am doing when I notice I am having a negative thought, stressed out, or heading in that direction.

**T stands TAKE A BREATH:** I take a few breaths and focus my attention on my breathing, anchoring me to this present moment, here and now.

**O stands for OBSERVE:** I simply observe myself and the situation.

- What is the main emotion I am feeling: anger, sadness, apathy, boredom?
- How does my body feel: tight, closed, rigid, soft, frozen, hot, cold?
- I observe my thoughts, what is the main theme: worry or fear? I try to notice it without judging it.
- I notice what happened to put me in this state: what is the situation that needs my attention?

# ENTRADA Membership Tool

## STOP – MINDFULNESS AND STRESS MANAGEMENT TOOL

**P stands for PROCEED:** Now I ask myself “Is there something I can do that could reduce my negative thought or stress with this situation?”

- If the answer is Yes, then I will do something! I am creative, I will consider my options and make a choice that will take me where I want to go.
- If the answer is No – maybe I have tried everything I can think of – then I need to try to accept the situation as it is. Worrying about it will not help.

From Jon Kabat-Zinn



## ENTRADA Intentions

Are you aware of new priorities because of changes that occurred in your life in 2022? If yes, which of these would you like to keep in 2023?

---

---

---

---

---

---

---

---

Write out as many experiences, objects, and words, as you can that, will inspire and energize you for this year.

---

---

---

---

---

## ENTRADA Intentions

What is one word or phrase from this list to sustain you throughout 2023?

---

---

As you reflect on 2022, what do you want to hold onto as a memory of your year, your growth and/ or yourself?

---

---

---

---

Fast forward to December 2023, as you reflect on the past months, what do you want to hold onto as a memory of your year, your growth and/ or yourself?

---

---

---

---

---





## ENTRADA Intentions

You can create and weave more intentional and mindful practices into your day by attending to and recognizing what energizes you.

What experiences in 2022 allowed you to feel a greater sense of vitality and wellbeing? How can you consciously include these elements into each day ahead in 2023?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---







## Way to Take the Plunge Today!



### Mastermind Members - See you next week!!!

Your Zoom link will be sent on Friday and a reminder with the link will arrive on Wednesday.

(A reminder that the Mastermind Sessions are CONFIDENTIAL and only Masterclass members receive the recordings of the sessions. A confidentiality agreement will be sent in preparation for our first ENTRADA Mastermind meeting with your preparation package.)

For other ENTRADA members,  
click here to upgrade to join Mastermind Membership!  
<https://www.rachelnewton.ca/entrada-member>

## Optional Feedback



Thank you if you wish to take the time to offer feedback on your experience today at any time to help us improve how we can best serve and support you.

[Click here to open up the feedback form](#)

## References



Goodreads: Robert Hein's Quote

Gallup: State of the Global Workplace: 2022 Report

David Whyte

[www.davidwhyte.com](http://www.davidwhyte.com)

Mindfulness - Jon Kabat-Zinn

<https://jonkabat-zinn.com/>

Doran, G. T. (1981). There's a S.M.A.R.T. way to write management's goals and objectives.

Management Review, Volume 70, Issue 11(AMA FORUM), pp. 35-36.

Meyer, Paul J (2003). "What would you do if you knew you couldn't fail? Creating S.M.A.R.T. Goals".

Attitude Is Everything: If You Want to Succeed Above and Beyond.

Meyer Resource Group, Incorporated, The. ISBN 9780898113044.

If you require any further information, feel free to contact me below:

Rachel Newton MTC, CBCC, MQT  
Life Career Studio  
Integrative Career Coach

+1-604-762-6756  
rachel@lifecareerstudio.com  
[lifecareerstudio.com](http://lifecareerstudio.com)

Follow us for more updates. Stay connected!



@LifeCareerStudio



@WorkYourDream



@RachelNewton