



Your ENTRADA Journey Newsletter



Spring Holiday Wishes

There is so much to celebrate at this time!

Sending wishes for a beautiful season of celebration that is meaningful for you for your community:

Ostara and the Spring Equinox!

Ramadan Mubarak!

Happy Passover and Chag Sameach!

Happy and Blessed Easter!

*In these spring days,
when tranquil light encompasses
the four directions,
why do the blossoms scatter
with such uneasy hearts?*

Ki no Tomonori (c. 850 - c. 904)



Spring Musing

Spring is a period of change, transition, and unpredictability in terms of the weather. Seasons can be a helpful metaphor for life and career changes. I was reminded of this last Sunday in a delicious [in-person yoga class with my yoga teacher, Gail Leslie](#).

How would you finish this prompt?

My metaphor for change is _____ because

_____.

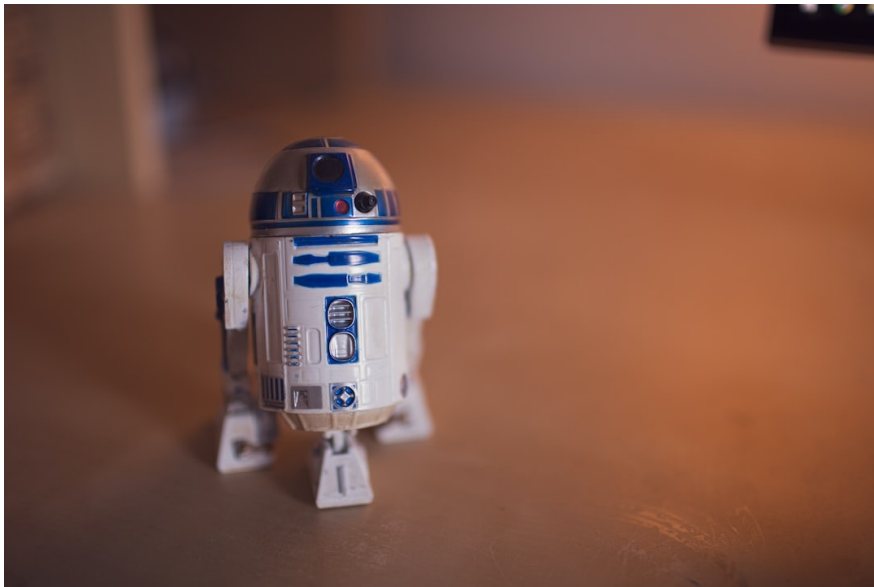
There is no right or wrong response as you are the expert of your life and career! You might wish to share/ discuss with someone you trust.

What happened last week?



Paul, ZuZu & I were invited to spend a few days with our dear career artist friend [Victoria Mitchell](#) and her husband, Dan at their cabin in Summerland, BC! We all worked remotely together and had fun hanging out, some lovely walks and ate far too much of each others' cooking!

Hot (Career) Topic - AI Buzz!



Has anyone else been having daily conversations about AI (Artificial Intelligence - in case you missed the reference)?

A topic I am having more and more with clients is about the impact on their careers with the rapid emergence of AI. Watch out for more info about the [AI Revolution](#). In the meantime, here is what AI ([specifically Jasper Chat for me](#)) is saying about its impact on careers:

AI is rapidly changing the way we work and live, with a significant impact on careers. Here are the top 3 topics on AI's impact on careers:

1. **Automation and Job Losses:** *AI has the potential to automate many jobs, leading to job losses in certain industries. This could have a major impact on workers who may need to find new employment opportunities or retrain for different roles.*
2. **Upskilling and Training:** *With AI taking over some of the more mundane tasks, it can free up workers to pursue more meaningful careers that require higher levels of skill and training. Companies will need to invest in upskilling their employees so they can take advantage of these opportunities.*
3. **Productivity Gains:** *AI can help increase productivity by automating processes and providing insights into data that would otherwise be difficult to access or analyze. This could lead to increased efficiency and cost savings for businesses, as well as improved customer service experiences for customers.*

Sources

<https://www.cnbc.com/2023/02/20/artificial-intelligence-is-booming-but-will-it-impact-your-career-and-job.html>

<https://www.forbes.com/sites/ashleystahl/2021/03/10/how-ai-will-impact-the-future-of-work-and-life/>

<https://www.whitehouse.gov/wp>

Coming Soon

Get Ready for My April Action Offer!



My team and I are revving up our engines to help you Spring into Action for April! Stay tuned for more details coming soon.

Life Career Studio is Growing!



It's an exciting time here at Life Career Studio! We are growing and I am thrilled to introduce Michelle Stuart as our first Associate ENTRADA Coach. Some of our lucky clients have already had the chance to meet her. [Here's a special sneak peek unlisted video for subscribers](#), so you can get to know Michelle and all her superpowers! [You'll can find out more about her on our website too.](#)

Community Announcement

Rachel Newton MTC CBCC MQT
Integrative Career Counsellor &
Coach

Life Career Studio



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