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Happy 2023 {{ contact.FIRSTNAME }}

Your Entrada Oasis for January 2023

Welcome to my Life Career Studio eNewsletter for January 2023, Your Entrada Oasis!

After 11+ years of serving you, I offer you these reminders and tips for wellbeing in your life and career journey.

Sharing is Caring so you are welcome to send this to anyone who may find it valuable.

Please FOLLOW ME on your preferred Social Media too!

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1.Personal News

2022 Brief Retrospective:

December 2021, I was isolating in an AirBNB near her parents and sister in Australia.
April 2022, I returned home in Canada after 4 months away.
June marked my graduation from her Masters in Medical Qigong and Chinese Shamanic Medicine.
July I tested positive for Covid-19 but made a full recovery.
August I went boondock camping on Vancouver Island with my husband, Paul and our 14-year-old fur baby, ZuZu.
September was busy with work commitments supplemented by ongoing help from virtual assistants and contractors.
October marked Paul's win at the IPA Award for his photography followed by November's Eastside Cultural Crawl. I also gave up my in-person office to move to 100% virtual sessions.
November I invited Michelle Stuart to join me as an Associate Coach at Life Career Studio.
December winding down 2022 and ramping up for an outstanding 2023. And shoveling a lot of snow!
If you are tight for time, please scroll to the end for New Year Greetings. 😊

2022 in Detail:

It has been quite a year! In December 2021, I was isolating in an adorable AirBNB that was a 10-minute drive from my parents and 20 minutes from my sister and her family. So, I was approximately 12,500 km (almost 8,000 miles) away from my home in New Westminster, BC Canada. That surprise trip was detailed in my Jan 2022 newsletter! After an incredible 4 months with my family living and working remotely from Australia, I arrived back at my Canadian home in April.

It was the longest time I had been away from my husband, Paul, and 14-year-old fur baby, ZuZu. It was a very wet spring followed by a very hot and dry summer. I saw a handful of clients in person at my office close by, but most of my work continued to be online. After two years of waiting patiently to meet in person again, I had my final set of classes and graduated from my Masters in Medical Qigong and Chinese Shamanic Medicine in June. A journey that started in 2017! I had an enriching experience with other peers for an in-person 3-day weekend on the Sunshine Coast here in BC too.

It was a busy summer and as careful as I was to protect myself, I tested positive for Covid at the end of July. The forced rest allowed me to read an actual paper novel! I think I slept more in those 2 weeks than I had for the whole year. And everyone around me (close and far) seemed to be getting Covid too. Except my husband who rarely wears a mask and is constantly out and about. He thinks he is invincible… and maybe he is.

With Covid behind me, I took a break at the end of August to go boondock camping in our 1995 Mitsubishi Delica L400 (yes that is a 27-year-old van!!!). Paul, ZuZu and I went over to Vancouver Island, and we travelled to the North Island. It was very remote and incredibly nourishing to be so close to nature as far North as San Josef Bay (a snap from my phone is above). We reconnected with a few friends as we travelled. We were very lucky to spend almost a week in a beautiful place called Port Alice. Our friends had a dock on the lake with bare land giving us a place to set up camp and swim. So many places to explore!

After that camping vacation, the Fall was busy busy again. I am so proud of Paul for winning the IPA Award for his photography and then it was inspiring to support him at the New Westminster and Eastside Cultural Crawls in October and November, respectively. For locals, you are welcome to visit us at his new studio! I am learning a lot more about the process of becoming a Career Artist through his eyes.

Of course, a million times thank-you to my family in Australia supporting me literally giving up two rooms in your home so I could live and work there (thanks Mum & Dad), and to my sister, Laura, brother-in-law, Sandy, niece, Abby and the naughty puppy, Cookie for the many sleepovers and acupuncture treatments too. Shameless plug – Laura is the world's best acupuncturist (not just because she is my sister, either)! Huge thanks to my father and stepmother in Malaysia too for all your help and support from afar. Lastly, but not least, infinite appreciation to Paul & ZuZu supporting me every day is so many ways.

I hope you all had a safe and joyful Holiday Season and wishing you and yours a very Merry New Year. May all the challenges of 2022 be transmuted into jewels of wisdom and may the celebrations and triumphs continue and be multiplied in 2023 for you all to have the best year ever!

Warmest wishes,

2. Update from Life Career Studio

It was fun and informative to have you join me for my Limiting Beliefs Roundtable this year. I was also excited to finally launch my Entrada Group Program via Zoom as an intensive. Stay tuned for more about my Entrada Groups, Entrada Courses and our Membership program in 2023!

I made the difficult decision to give up my in-person office at the end of October. My plan in 2023 is to supplement my live virtual client support with at least two in-person workshops. I have also committed to adding an Associate Coach to Life Career Studio! I am delighted to announce that my very learned and experienced NLP coaching peer, Michelle Stuart, will be joining me in 2023! Like me, there is more to Michelle than just one modality, and you can learn more about her soon. We can't wait to show you our membership plans for the New Year too. I was well supported by my wonderful small team of contractors and virtual assistants; Celine and Daisy did a great job of keeping me as organized as possible. Sadly, Daisy is moving on, but I am excited to welcome Yashin to the team this month.

As we reflect on 2022, I want to express gratitude to you all my amazing clients, friends, and peers for your ongoing trust in me, support, and referrals. I have also received so much wisdom, encouragement and support from my own network and the many communities I am deeply fortunate to be part of. Celine and Daisy somehow managed to keep up with me! So, thank you both for your hard work and patience.

Michelle has a short seasonal message for you too:

Hello and Happy New Year!

I am so thrilled to be on board with the Rachel's team and here to support you in achieving those big scary yet important goals for 2023.
We've all been going through a lot of change over the past few years, and I am so excited about this one! I hope you 2022 was enjoyable for you and you can take some time to really reflect on how those challenges have already opened up some opportunities that you may not have had access to before. Let's make the best of those possibilities your future goals – and realize them! With seven years of NLP coaching under my belt, and my personal dedication to transformation –whatever your goals may be- together, we got this!

Cheers to you and yours, may you have a happy healthy 2023! I look forward to supporting you in the year ahead.

Coach Michelle

3. Making Better Decisions for 2023!

I was so excited and inspired by some new insights and great reminders when I heard this episode with 2 of my favourite mentors from afar!

This episode of On Purpose with Jay Shetty and Charles Duhigg talked about How to Hack your Brain to Change Any Habit Effortlessly and the Secret to Making Better Decisions.

A few of my key takeaways:

➡ Aristotle - Excellence is a habit
➡ Discipline as a practice
➡ Moving the needle
➡ Memory list vs To-Do List
➡ Creative time is separate from Logical time
➡ Permission to be perfectly imperfect and self-compassionate between the times of being at our best selves
➡ The story self vs the episodic experience of our day to day
➡ Well-being rather than happiness - validation for me

I cannot wait to hear your takeaways or if any of mine resonates with you - let me know!

4. FREE New Year Gifts from Life Career Studio

As a select *Your Entrada Subscriber*, click here to download additional exclusive *Your Entrada Oasis eNewsletter Gifts.*

Here is what you will find:
Wellbeing and PERMA
Love Your Weakness Reframe Exercise
Action Priority Matrix Tool
Expand Your Mind Cartesian Questions
Mindset

(If you cannot download them for some reason, please email me with the subject

line:
***Entrada Oasis Newsletter Gifts** and I will send them to you directly.)*

5. More Opportunities for Wellbeing in Your Life and Career

If we can help and support you, your family, friends, or colleagues, I invite you to explore our latest services to cultivate wellbeing in your life and career:
Entrada Career Connection Program
Career Coaching
Personal Coaching
Energy Sessions – Qigong (and coming soon Reiki)
Integrative Sessions
Spiritual Development

What clients say about support from Rachel (you may recognize your own words!)
Wellbeing Workshop: *Rachel holds the group container with skill and gives necessary space and time to allow you to access your own resources so you can confidently move forward in your life and career. (Jenna)*

Working One-on-One: *Working with Rachel has given me the confidence to make decisions about my life and career. I was not sure what to expect when we met, but she made it easy to express myself. She helped with many aspects of my personal development and relationships with others at work and at home. Her professionalism, personable attitude and candour is much appreciated. I would recommend Rachel to anyone who is looking to improve their lives personally and professionally. (Kevin)*

What is an Entrada Oasis?

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Entrada is the Spanish word for entry, but in particular means *an expedition or journey into unexplored territory*. I chose this name for my career exploration program that some of you have taken with me because of my own career exploration process; a journey into the unknown! It has also led me to several adventures for over a decade now since I worked with my Career Coach, Gael McCool (now retired but she has an amazing book: Be Wise Now!). Oh my! I then embarked on my 180-career pivot from corporate life to the helping profession. The oasis part of the name reflects what I call my Vocational Desert. That is how I describe my first two plus decades of career life - feeling lost, directionless and without a sense of meaning and purpose! So, I have journeyed from the Vocational Desert to finding my Career Oasis.
My wish for you is that *Your Entrada Oasis* offers a pause from your day to day busy-ness.

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PS Feel free to respond to this email and let me know your thoughts about it.

Rachel Newton MTC CBCC MQT
Integrative Career Counsellor & Coach

Life Career Studio

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Wishing you all the best for your Life & Career to Work Your Dream!

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