



Your Entrada Oasis for January 2022



Dear {{person.firstName}},

Happy New Year and welcome to my Life Career Studio eNewsletter for January 2022, Your Entrada Oasis! After 10+ years of serving you, I offer you these quarterly reminders and tips for your life and career journey.



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1. Personal News



I hope you all had a wonderful holiday season! Some of you know that I overcame my strong reluctance to fly during Covid and I am sending this message from a hot & balmy 28 degrees Celsius, on the Central Coast of NSW (approx. 90 mins north of Sydney). I am overlooking the bushland beyond my parents' swimming pool as I type.

Unfortunately, my husband had to stay home to take care of our dog ZuZu who will be 14 this year. I arrived here safely on Sunday, Dec 19 around 9am AEDT and was lucky enough to not have anyone next to me or behind me on the flight.

My sister her husband were the only ones who knew I was coming, and it was a scramble to prep everything in time to arrive before Christmas as I only booked on Dec 2! I arranged to isolate per Covid rules landing in Sydney and found a lovely AirBNB 10 minutes away from my parents.

On Dec 22 I was allowed out into the community after a negative Covid result. My sister her husband brought my 7-year-old niece to pick me up on the morning of Wed, Dec 22 and she was speechless for once, and shy. In the car, when she was over her shock, she said how strange it was to see my body as she usually only saw my head on FaceTime! That afternoon, my sister had arranged from Mum & Dad to have dinner at her house with me on Zoom. I hid downstairs and started the Zoom and then crept upstairs and it was a surprise with shock and happy tears! My niece called me a hologram and the next morning Mum wanted to know if it was a dream that I was really here.

Sadly, my paternal Grandma passed on Dec 24 at the age of 98 years old. She lived in Perth, WA (on Australia's West Coast) and their borders are locked until February 2022 right now. I did have a chance to speak to her briefly after I arrived, so she knew I was in Australia. Grandma had come to visit me all on her own for a month in 1997 in Vancouver!

Christmas and NYE were spent with family and close friends and was small but festive – the photo is my niece and me in our friends' pool on Christmas day.

I look forward to seeing you for 2022 starting in Australia and then later back from Vancouver, Canada.

I am planning to stay until the end of February 2022 but will see what happens this year with all the uncertainty of Covid and Omicron.

I know it has been another roller coaster year for so many people and I wish you and yours an amazing New Year. Sending support to allow you to release whatever has not served you in 2021 to transition with effortless ease into 2022 to create the best year ever.

We made it through 2020 and 2021, so a tribute to our resilience!

Warmest wishes,

Rachel

2. Update from Life Career Studio

2021 was super busy as I started doing [webinars](#) and my monthly [Day 21 Wellbeing Workshops](#). It was great to have you there joining me in these endeavours. I am slowly editing (with lots of help) this for online content and courses from the recordings and resources.

In 2022, I will be doing 3-4 workshops during the year and starting an Entrada Community Group Program in the coming weeks, so stay tuned for more info on that exciting project.

Another surprise group offering will be added during the year too and I will be launching my membership program finally.

Looking forward to seeing more of you in the year to come!

3. Reduce Stress & Set Boundaries for 2022!

[Reduce Stress and Get More Done.](#)



4. Free Brain Boost Challenge from Dr Laura Tiberio ND MSOM LAc



[Start the New Year with the Right Attitude and Self-Care for your Brain!](#)

This was hard to narrow down, but I am using the Body, Mind, Spirit model as a guide (not in order of preference):

5. FREE New Year gifts from Rachel

As a select Your Entrada Subscriber, I am offering the following additional [exclusive Your Entrada Oasis eNewsletter Gifts you can download](#).

Here is what you will find:

2022 Intentions
Journalling Infographic
Proactive Friend Finder
Simple 360 Feedback Exercise
Help Overcome Fear & Anxiety

(If you cannot download them for some reason, please reply to this email with the subject line:

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

6. More Opportunities for wellbeing in your Life and Career.



If I can help and support you, your family, friends, or colleagues, I invite you to explore my latest services to cultivate wellbeing in your life and career:

[Workshops](#)

[Webinars](#)

[Entrada Career Connection Program](#)

[Career Counselling/ Coaching](#)

[Personal Counselling/ Coaching](#)

[Qigong Sessions/ Classes](#)

[Integrative Sessions](#)

[Spiritual Development](#)

7. What is an Entrada Oasis?



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 since I worked with my [Career Coach, Gael McCool](#) (now retired) over a decade ago. 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.

Please add my email to your contacts/whitelist if you would like to continue to receive messages from me.

You are receiving this email because you have contacted or worked with me in the past. We all receive so many emails, so declutter your inbox. [Click here](#) if you no longer find value from this email and would like to unsubscribe from this mailing list. I will do my best to not take it personally and wish you all the very best in your life and career!

