



Your Entrada Oasis for June 2021



Dear {{person.firstName}},

Welcome to my inaugural Life Career Studio eNewsletter, Your Entrada Oasis! After 10 years of serving you, I offer you this monthly reminders and tips for your life and career journey.

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 monthly pause from of your day to day busy-ness.

Follow me on:



In this issue:

- 1. Personal News**
- 2. Update from Rachel**
- 3. How to Practice Self-Care for Zoom Fatigue**
- 4. FREE gifts from Rachel**
- 5. My YouTube Channel – baby steps!**
- 6. More Opportunities for wellbeing in your Life and Career.**

1. Personal News



Just back from a mini-vacation [camping in Clinton, BC](#) where Paul, ZuZu and I visited the edge of the Cariboo for the first time! We explored as far north as 108 Mile House. This pic is from a very short hike to Marble Canyon Falls, BC.

It was a much-needed break and a welcome change of scenery after being home-bound for so many months. A break from screens too and enjoying hiking and doing Qigong in nature.

My first day back in the (home) office was with a couple of wonderful clients and then my [Summer Solstice Serenity workshop for my Day 21 Wellbeing Series](#).

I have now been doing these workshops for 7 months since I started with my first webinar called [Ground Your Calm for the Winter Solstice on December 21, 2020!](#) For the Summer Solstice Serenity Workshop on Monday night as a group, we created what felt to me a meaningful pause to the start of summer here in the Northern hemisphere. I love the group wisdom and energy of these interactive workshop experiences despite them being virtual on Zoom.

I hope whatever your June holds that you take some time for self-care as well!

Warmly,

A handwritten signature in blue ink, appearing to read "Rachel".

2. Update from Rachel

Over the past 20 months, I have invested even more in my personal and professional growth which you may know is saying a lot! I was lucky enough to make a relatively easy transition from in-person to virtual sessions as I have always seen about 20% of my clients online. It was still an adjustment as I underestimated the impact of being in front of a computer screen for 10-12 hours per day! A haunting reminder of my corporate days and one of the reasons I left that life. Luckily, I can find better ways to balance my screen time now than I did back in those Vocational Desert days.

This improved self care has been done with the ongoing support from my mentor and supervisor, [Mahmud Nestman](#) and his community, my Work and Meaning Group (WAM) and my [Coherence Therapy Community](#). I completed my certifications as a [Body-Centred Coach](#)

([CBCC](#)) and as a Neuro-Linguistic Programming (NLP) Coach, and continue my studies for my [Masters in Medical Qigong and Shamanic Chinese Medicine](#). I also started working with [David Hall at PsychMaven](#) and [Patricia Morgan](#) at the beginning of Covid. They are helping me create online courses so I can be more efficient and help support more people. Most recently, I have been gaining additional support from [Dean Graziosi and Tony Robbins with their Project Next Program](#) and have other new friends in this and another community from my NLP training.

This next chapter of my helping career feels like an ultra-marathon. So much like the support I received when I was training for the half-marathon in Vegas back in 2008, I definitely need a team to help reach the finish line this time too. Team LCS (Life Career Studio) is my husband, Paul, my dear and incredible virtual assistant, [Rachel Jampole](#) who leaves me in a couple of days 😊 and my wonderful intern, [William Lionhart](#) who has been an amazing addition. They are all a huge part of that team effort!

So, if you have noticed that I have been more active online over the past months, this is why. Deep gratitude to each of you for motivating me to want to keep sharing in such a meaningful way.

My latest project is launching my [Entrada Career Connection Program](#) as a group offering! So, if you know anyone who might benefit from the support of a group in their career exploration journey, please feel free to share this information with them.

3. How to Practice Self-Care for Zoom Fatigue

[Sound advice for any of us, not just counsellors!](#)



4. FREE gifts from Rachel



As a select Your Entrada Subscriber, I would like to invite you to my [Free Career Coaching Webinar where I will share my Entrada Change Model](#). You may be familiar with this model, but I have recently added some new resources and worksheets. Or again you may know someone who can use this free training, so you are welcome to forward this information. I will also be giving away a free 60-minute coaching session (valued at CAD\$200.00 + GST) to the most engaged attendee on Saturday, June 26!

I am also offering the following exclusive Your Entrada Oasis eNewsletter Gifts you can download here:

<https://lifecareerstudio.com/entrada-oasis-newsletter-gifts/>

(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. My YouTube Channel - baby steps!

Finally, one last request if I may. For those of you who are on YouTube, I am trying to gain 100 subscribers (only 84 to go to date!) so I can customize my fledgling YouTube link. I will be adding more content over the next few months, but if you are able to Subscribe now, I would be very appreciative: https://www.youtube.com/channel/UCStAZL3s7NxKKVM7594_B1g.

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](#)

What clients say about my individual and group support (you may recognize your own words!)

From my 21-5-21 Creativity Workshop:

"A lot of engagement with the group throughout. Not a seminar where its all listening. Rachel's calm, welcoming demeanor. I love the integration of meditation and energy!" (Taran)

"Through her highly skilled counselling, Rachel has enabled me to realize my professional potential and allow my career goals to be realized. Her expert guidance and sound ability to communicate the correct message were key aspects of my sessions with her. She helped to piece together my puzzle with her genuine ability to listen and offer specialized advice when it was necessary." (Lorrie)

"I came to see Rachel because I felt stuck in my job and noticed repetitive, destructive patterns in my career. The regular sessions with Rachel have set in motion a whole chain of events that eventually helped me find the answers that were buried inside me. Each time I met with Rachel, I walked away with a new realization or alternative perspective about my career, life and attitudes towards work. Our meetings also made me realize false beliefs I held about myself over many years. I wish I had reached out to her earlier and would highly recommend Rachel's services to anyone seeking career-related advice." (Harry)

"Top take-away from my 21-1-21 Intentions Workshop: I was actually able to narrow down my many intentions and goals to one intention that will help along the way. It was a huge help for

my journey." (Alex)

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!



Life Career Studio

{{account.mailingAddress}}

{{person.unsubscribeLink}}