



Your ENTRADA Journey Newsletter



Deep Gratitude for all your Kind Wishes Saying Goodbye to Our Beautiful ZuZu

What Else Happened in May?

Grief as a Superpower in Your Life and Career

Our [ENTRADA Membership Masterclass](#) this month was on the topic of helping you to discover

3 Ways to Feel Empowered from your Grief Experiences.

I almost did not do my Masterclass this month feeling so tender losing ZuZu just two days earlier on May 8. I decided it felt authentic to speak about grief that was and is still so present. My hope is that it may benefit someone by sharing this challenging message about grief.

We talked about how you can transform your painful memories into a valuable resource, fostering resilience, leading to empowerment and a happier life. How defining your unique grief experience, inviting and acknowledging your grief, and exploring the gift within the suffering of your grief can lead to using it as a superpower!

[If you missed out, catch the replay on my YouTube Channel!](#)

[Please Like & Share if you find it of value.](#)

Mother's Day - May 14

I am so lucky to still have my Dear Mother with me and my Stepmother too even though they are both geographically far from me here in Canada. At the same time, I am aware of the loss of my sweet and wonderful Mother-in-Law

who was my Canadian Mother and my beautiful and wise Grandmothers who have passed too. I have loving memories of them all.

For some, like me, this day may be intertwined with both joy and struggle, I hope you were able to honour the nurturing maternal spirit that resides within each one of us.

May can be a month to celebrate the essence of motherhood that is present in everyone at this time of the year.

You may be interested to know more about this special day:

[Mother's Day History](#)

I knew a couple of these since I lived in the UK in the 90's, but still some fun facts you may like:

[10 Things You Didn't Know About Mother's Day in Canada](#)

World Meditation Day - May 21

I meditate every day in some form or another. Sometimes it is quiet and silent. At other times it is more active such as a Walking Meditation or even while brushing my teeth.

Did you know that meditation is more than just sitting in silence? It's a transformative practice that allows us to connect with ourselves and enhance our quality of life. We want to shine a light on the incredible practice of meditation and its ability to transform our lives.

Here are a few of the amazing benefits it offers:

- 1☐Stress relief
- 2☐Boosting creativity
- 3☐Emotional well-being

Take a leap of faith and discover the multitude of benefits that meditation offers. Remember, even a few minutes of dedicated practice can make a significant difference in your life. Embrace the opportunity to bring balance, peace, and joy into your day.

Mini-Vacation Time for Me

As part of my self-care, time to rest and recharge is imperative and I am very fortunate to have wonderful friends to create and share memories with. My long-time and dear friend, Cindy and I enjoyed our first time staying on [Galiano Island](#) for a few days. We soaked up the healing nature energy and had rich conversations, wonderful walks and delicious food meeting great Galiano locals for a few days last week.

Then, I went to reconnect with some other like-minded and heart-centred friends on the [Sunshine Coast](#) for the weekend. I am filled with gratitude for the loving generosity of all these beautiful people in my life.

Coming Up in June!

Group Art Show Friday, June 2 & Saturday, June 3

Speaking of beauty, another incredible way to experience inspiration, healing and rejuvenation is through art! For local Vancouverites, check out this wonderful show this weekend "[Escape Into Art](#)".

[My husband, Paul Newton](#) and over [30 of his fellow artists at the Eastside](#)

[Atelier Studio](#) will be sharing their creative talents in a fantastic **Group Art Show starting Friday, June 2 from 5pm - 10pm with a Cocktail Reception** and the [inimitable Simon Fox](#) (a fellow Australian, no less!) adding amazing acoustic guitar ambience to the evening. **And/or you can visit on Saturday, June 3 from 12pm - 6pm.** The Saturday is also part of the monthly [First Saturday Open Studios Event](#) including a number of other East Vancouver Art Studios. We hope to see you there!

ABC's to Work Your Dream! **Wednesday, June 14 @ 1pm PDT**

Our free [ENTRADA Masterclass this month](#) will resume the theme of Career DNA to help you **Discover Your Career Superpower**. We will explore Discipline, Energy and Flow - I can't wait to see you there!

Career Bite

A great addition to your ENTRADA Life and Career Success Toolkit is to explore Mentorship.

These words of Robert Heinlein deeply resonate for me, especially in a mentoring relationship:

"When one teaches, two learn."

I have had and continue to have a number of strong mentors in my life to help me in a number of aspects of my life and career. In turn, I learn so much by mentoring my team and mentees. It took me some time to cultivate these relationships, but it is never too late to start.

[Here is a great article on Successful Mentoring Relationships by Jennifer Britton.](#)

Enjoy her words of wisdom!

Past ENTRADA Newsletters on our Website!

[If you have missed past ENTRADA Newsletters you can now find them here.](#)

Thank you to my wonderful assistant, Yash for putting this together as quick reference for you all to access easily.

We hope this newsletter brings value and if you feel it could help others, please share. You are welcome to reply with any requested topics and/or suggestions to help support you to Work Your Dream!



Coach

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