



"Nature does not hurry, yet everything is accomplished."

- Lao Tzu

*I don't know about you, but despite all the work I do to be present and grounded, I sometimes still feel impatient and trying to control / force things in my life. Another way I look at myself when I am doing this is NOT TRUSTING. I can be in a hurry to do too much a lot of the time. This can lead to me feeling burned out, unfulfilled and unhappy. Then, I pause (finally), take a few breaths and when I step back, I realize that all my rushing around and being controlling was a lot of wasted energy. **Where I find effortless ease is when I let go...** and somehow everything seems to work itself out. It may not look like I expected it to, and most of the time I receive a better outcome than I expected and am happier as a result.*

What do these words of wisdom from [Lao Tzu](#) evoke for you?

Jumping Into Summer This June



Welcome to your June ENTRADA newsletter, your key to a more fulfilling career, better work-life harmony, and maintaining (even

improving) your income with the life and career to Work Your Dream.

Our mission is simple: to help you navigate your career/ business world without losing sight of what truly matters. We understand the unique challenges you face, and we're here to guide you towards achieving more, not just in your career and how you create income, but in life as a whole.

Each month, we delve into practical tips and strategies designed for you. From identifying new opportunities in your field, to transitioning into a more meaningful role, we cover it all. In addition, we'll help you strike that elusive work-life balance or rhythm as I prefer to say. Less stress, more success, and a happier, healthier you - physically, emotionally and energetically!

Tell Me More!

WHAT HAPPENED IN JUNE?

Career Superpower Secrets to Work Your Dream

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

- Identify your Career Superpower DNA
- Tap into your unique strengths and talents
- Accelerate your career growth
- Achieve your goals with greater clarity and confidence

We talked about Discipline, Energy and Fear as part of your Career DNA.

Watch the Replay Here

Father's Day in Canada & the USA - June 18

As with my Mother and Stepmother, I have two beloved Fathers both in far lands! Sadly, I no longer have my Dear Father-in-Law here in Canada as my Canadian Father. He is with my wonderful and wise Grandfathers who have also passed. It is not Father's Day in Australia until September 3, so my fathers receive twice as many wishes. Like Mother's Day, there is a mixture of happiness and challenge on this special day.

As with our mothers, fathers who can support us in a healthy way play an indispensable role in our lives, serving as our earliest heroes and lifelong mentors. They guide us through life's challenges with their wisdom and experiences, teaching us resilience, humility, and joy. Fathers are instrumental in shaping our character, instilling values of courage, integrity, and compassion. Despite life's hardships, they provide us with unwavering love and support. All types of fathers, whether biological, adoptive, or stepfathers, are honoured for their sacrifices and the lasting impact they leave on our hearts.

I hope you could celebrate the essence of fatherhood that is present in everyone at this time of the year ([and in September again in Australia and other parts of the world where it is celebrated on a different date/month](#)).

Indigenous Peoples Day in Canada - June 21



On [National Indigenous Peoples Day in Canada](#), we honour and educate ourselves about the rich heritage, cultures, and contributions of the First Nations, Inuit, and Métis peoples. We express our deep respect for the unceded traditional territories of the Qayqayt, Musqueam, and Central Coast Salish Peoples, acknowledging their strong connection with these lands. Their resilience, pursuit of recognition and justice, traditions, languages, and wisdom inspire us to live in harmony with the earth and each other. We extend gratitude to our Indigenous friends and neighbours for enriching our country with diversity and understanding, and stand with them towards reconciliation and healing. This is a day of intention to reverently acknowledge, recognize and respect the invaluable contributions of the Indigenous peoples to our shared heritage.

Wherever you are in the world, I invite you to take time to honour the indigenous of your country, either as an indigenous person yourself or living alongside indigenous communities.

Summer Solstice - June 21



Embracing the Magic of Summer Solstice: A Morning Walk Reflection

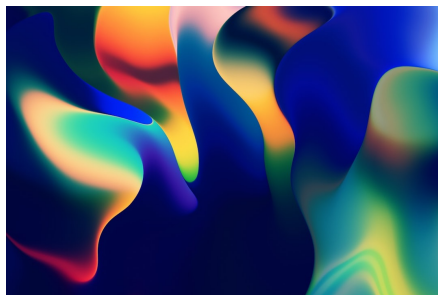
As I ventured out on my morning walk on June 21, I was greeted by a beautiful celebration of the Summer Solstice. In the Northern Hemisphere, we revel in the longest day of the year—a delightful gift from nature that brings with it extra sunshine, warmth, and the promise of summer's bounty.

The Summer Solstice is more than just a date on the calendar—it's a celestial ballet where the Earth tilts on its axis, bringing us closer to the sun than at any other time of the year. It's a time when nature is in full bloom, showcasing a vibrant palette of colors and a chorus of sounds that fill the air.

But beyond the physical, the Summer Solstice holds deeper meaning for me. It's a time to remind me to be mindful of rhythm and harmony in my life, mirroring the Earth's perfect tilt. As we soak up the extra sunlight, it's an invitation for us to find our own rhythm—to align our thoughts, our actions, and our spirits in perfect harmony.

So, in the magic of the Summer Solstice, I hope you could pause and soak in the beauty around us. As summer begins, let's rejoice in the warmth of the sun on our skin, the light that stretches into the evening, and the promise of the abundant summer days yet to come. Cherish the Summer Solstice energy, for it's a reminder of the Earth's magnificent rhythms and cycles. And remember, as radiant as today is, the best of summer is yet to come. So here's to embracing the magic of the Summer Solstice as we walk with intention in our lives and careers.

COMING UP IN JULY!



Career Flow: Capitalising Your Superpowers in the AI Era

FREE ENTRADA MASTERCLASS

Wednesday, July 12 @ 1pm PT

Join me and our intrepid ENTRADA members to explore the concept of Career Flow and how to utilize that with your Career Superpowers in the AI-Volution. Many of my clients are talking about the impact of AI in their work and careers and there is a broad spectrum of emotions. I can't wait to see you there for this important discussion! This will be an extended 60-minute Masterclass for July.

Register Free Today!

IPPA World Congress on Positive Psychology

Vancouver BC Canada

July 20 - 23, 2023

I am incredibly excited to FINALLY be attending the first IRL (in real life) IPPA Conference since I was at the [IPPA World Congress in my home town of Melbourne, Australia in 2019!](#)

"Bringing you the latest innovations from leading experts in the science, practice, and education of positive psychology and the broader field of wellbeing."

If you want to know more or meet me there:

More IPPA Info Here

UPCOMING COMMUNITY EVENTS



[Happy Canada Day](#): July 1 - lots to do for locals and tourists to Beautiful BC in Vancouver and beyond!

[First Saturday](#): July 1 - "First Saturday Open Studios is an opportunity to visit artists at work in their studios located throughout the lower mainland.

Our goal is to build connections between artists and the public."

[Creative Mornings Vancouver](#):

[Crisis Centre - Skillfully Responding to Distress](#): August 9 & September 8. "This half-day session explores how to skillfully respond to and de-escalate emotional distress. Content includes understanding the stress response, active listening, applying a crisis intervention model, facilitating the development of a short-term coping plan for a person in crisis, boundary setting, and self-care. It is recommended to combine this course with LivingWorks Start, a 60-90 min suicide response online training."

[ODIHI - Bigger Ideas Conference](#): Not until September 16, but I want

to put this important event on your radar now! "Empowering, nurturing, and celebrating the unique greatness in women through education, connections, conversations, and collaboration."

CAREER BYTE

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

increase your physical activity. I started a Summer Challenge with one of my Mastermind groups June 1 and it helps me keep accountable to go out for at least a walk every day even though I don't have ZuZu to walk any longer :-(. This article also caught my eye so hope it inspires you too!

[To Improve Your Work Performance, Get Some Exercise](#)

by Bonnie Hayden Cheng and Yolanda Na Li

TL;DR

Key findings of a study that investigated **the relationship between physical activity and job performance** among 200 UK and Chinese employees.

The study found that increased physical activity had a positive impact on self- and supervisor-reported work outcomes, including concentration, problem-solving, and interpersonal interactions.

Participants who engaged in more physical activity also reported reduced stress and fatigue levels.

The study suggests that employees can increase physical activity through simple methods like walking meetings, frequent short breaks for movement and using stairs.

Employers can support this effort by promoting a workplace culture that values physical activity, which can lead to improved employee well-being and productivity.

DEEP GRATITUDE TO YOU

"Thanks again for your help in this [ENTRADA] process, you have opened my eyes to new possibilities and I couldn't have done it without you."

Take care and have a great summer! 😊

Haley

Leave A Review

**Reminder:
Past Newsletters now on our Website!**

[If you have missed past 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.

Be Unapologetic In Your Life And Career:
WORK YOUR DREAM!

Rachel

WAS THE CONTENT IN THIS NEWSLETTER USEFUL?



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