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"Slower is Faster" - Bruce Ecker, MA, LMFT

I first heard these simple but powerful words from one of my teachers and trainers, [Bruce Ecker, MA, LMFT](#) who certified me in [Coherence Therapy many years ago](#). Bruce offered these words in a therapeutic context speaking about a perspective to take when holding space for clients. I use this technique effectively with both my counselling and coaching clients, as well as in my day-to-day life. When I find I have become wrapped up in the fast pace of life, and don't pay attention, I stop being present and can become stressed and overwhelmed. Bruce's wonderful words allow and remind me to slow down, pause and take a few (and sometimes many) breaths. When I can remember that "Slower *is* Faster", I ground and have more capacity.

I offer this question to you inspired by Bruce's wisdom:
What happens when you consider "Slower is Faster" for yourself?

National Dog Day!



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 only 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 AUGUST?

Women's Equality Day

The 19th Amendment to the U.S. Constitution, ratified on August 26, 1920, was a monumental stride towards women's equality, granting all women the right to vote. However, the journey was fraught with challenges, and many women of colour were unjustly excluded. Despite this landmark amendment, the fight for comprehensive women's suffrage was far from over.

Today, the resonance of these past struggles underscores our ongoing quest for gender equality. As we commemorate [Women's Equality Day](#), it is also a reminder that true equality requires continuous effort and vigilance in safeguarding the rights of all women and any person who does not experience gender equity.

My Week With Jean Luc

Who knew there was a [National Dog Day](#)?! Celebrate your canine companions on August 26 or any time. Roll in the grass, jump, bark and PLAY with your furry friend or borrow one like I do!

That handsome puppy is 14 months old and 80+ lbs (36+ kgs for my metric audience). Jean Luc is the fur baby of dear friends who live on the Sunshine Coast here in BC. At the beginning of August, I was excited to be trusted to dog-sit Jean Luc for a week as I worked remotely from my friends' beautiful home and acreage. Jean Luc and I had some lovely beach and forest walks and lots of play time. He met some of my clients virtually too. It was nurturing to have daily happy, playful and present doggy energy again. Doing some training with Jean Luc reminded me of the early days with ZuZu. Even though she was 2 years old when we rescued her, she did not have any training or social skills. I also caught up with other friends who live on the Sunshine Coast during the week. I am so fortunate to have such wonderful friends.

My First Crystal Singing Bowl!



In 2013, I met my beautiful friend and talented peer, [Linda Nardelli](#) at one of the many Journeys of Transformation weekend retreats I used to attend regularly until they sadly ended with Covid. Linda introduced me to some powerful and impactful healing practices that weekend. One such practice included using a [Crystal Healing Bowl and in particular the one for the Root Chakra](#). It was a transformative healing experience for me. Fast forward to earlier this month and Linda told me she was selling some of her bowls. I immediately wanted this one! Linda has kindly offered to teach me how to "play" the bowl to make it sing (don't worry I won't torture you by singing myself). I cannot wait to share more as I learn more about integrating this way of sound healing into my work with clients who are interested. Thank you to my good friend James who took this photo on his beautiful property on the Sunshine Coast!

Time Out from my Masterclass in August

I came back from the Sunshine Coast refreshed, but sad after leaving Jean Luc and that beautiful part of the world. Being with canine energy again reminded me of ZuZu and I am still grieving after 3 months. I know grief has its own timeline. I made the hard decision not to do my ENTRADA Membership Masterclass this month. I gave myself permission to listen to the sage guidance of a new coach I started following a couple of months ago, [Lee Chaix McDonough](#).

I listened to one of Lee's podcasts while on the Sunshine Coast. She talks about [capacity and capability](#). What really resonated deeply was when she spoke to "*capability exceeding capacity*". I know when that happens for me it leads to burn out and I see it with my clients too. For myself, I try to do too much, but then find I may be doing more, but I am less productive each project is not as impactful or energizing because I have spread myself too thin. I appreciate that I can recognize this now, as I did not in the past. It is still a work in progress for me, but helpful reminders from leaders like Lee keep me on track.

I did host another great [Mastermind Meeting this month with our ENTRADA Members](#), so was happy and grateful I had the energy and capacity for that!

I look forward to seeing you in September when I will offer 2 Masterclasses. Don't forget you can always review any of my past ENTRADA Membership Masterclass replays below.

Summer Staycation for Me

Taking a break to rest, recharge and catch up. Staying close to home this time. Back in action Wednesday, September 6th!

Help For Maui



[Virtual Help For Maui's First Responders](#)

I am not a stranger to natural disasters growing up in Australia that has a long history of devastating and fatal wildfires and floods. BC, other provinces in Canada and the US have not been unscathed and I know worldwide there has been and is so much tragedy caused by catastrophic natural events. However the ferocity and veracity of what has happened in Maui is overwhelming. I have not been to Maui, but was touched by the generosity of another therapist from one of my networks, [Diane Gerhart](#).

I offered to share this important message from Diane in support of Maui:

Are you able to donate one hour of your time to support first responders in Maui?

They are looking for support from those on the mainland and around the globe to help staff virtual meeting rooms 24/7.

These "Support for Those Who Are Helping" Zoom rooms are intended to create a safe space for first responders to get support themselves.

These groups are not group therapy, and you do not need to be a licensed mental health professional to sign up.

You just need to be willing to hold a safe space for those on the ground in Maui responding to this humanitarian crisis.

If we all give an hour, we can make a real difference.

[Please sign up as soon as possible so they can launch this 24/7 "Support for Those Who Are Helping" groups.](#)

Mahalo on behalf of Maui,

Diane

Workplace Wellbeing



[This LinkedIn post](#) from [Adam Morris](#) came to me via my [Speaker Coach, Patricia Morgan](#) with the comment: "*Wellbeing and performance are connected. We cannot function at our best capacity when our nervous system is activated into a survival response and our pre-frontal (where logic and problem solving happens) has been drained. Mental health is about competence!*"

In the wake of the [Positive Psychology conference](#) where Wellbeing featured prominently, I thought this was timely. Mental health significantly impacts our performance and wellbeing. It's vital to manage stressors that trigger survival responses, as they drain our problem-solving abilities. Emphasizing mental health promotes competence and overall success. There is a longer conversation to be had here to create an open dialogue between leaders and people at all levels of the organization. What might it look like to proactively cultivate Workplace Wellbeing for your career or business?

COMING UP IN SEPTEMBER!



Career Superpower Secrets to Blast Away Career Blues

FREE ENTRADA MASTERCLASS

Wednesday, September 13 @ 1pm PT

[Join me and our intrepid ENTRADA members to continue the ABC's to Discover Career Superpower Secrets to help you be more successful in your life and career!](#) We are exploring H-I-J as the next pieces of the code in your Career DNA. Wondering what those are? Find out in August. Can't wait to see you there.

Register Free Today!

Know to Grow - Career Agility in the AI Era

FREE ENTRADA MASTERCLASS

Tuesday, September 19 @ 1pm PT

In today's fast-paced world, finding the perfect balance between knowledge and leveraging AI to excel in your professional journey is essential.

Key Highlights:

- How to embrace your feelings towards AI's rise with Career Agility
- Step into the tech revolution confidently and effortlessly
- Harness AI to amplify your career or business prospects

[Don't miss this exclusive opportunity to invest in yourself and your future.](#)

Register Free Today!

UPCOMING COMMUNITY EVENTS



[Happy Minds Summit](#): August 28 - "A summit for those of us who seek happiness, health, and that sense of a thriving life. To register for free and learn about each of the options available to move your life forward visit happymindssummit.com."

[First Saturday Open Studios](#): September 2 - "Experience the Magic of First Saturday - a vibrant, monthly, artist-run open-studio event." Open to the public in select studios in Metro Vancouver!

[Creative Mornings Vancouver](#): September 8 - "Started as a desire for an accessible monthly event in New York's creative community, offering breakfast and short talks on Friday mornings. Organized by volunteers, these events celebrate creativity, foster connections, and offer inspiring opportunities. Supported by local and global partners, CreativeMornings remains free and open to all, promoting the idea that everyone is creative and welcome to join."

[Crisis Centre - Skillfully Responding to Distress](#): 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."

[Almost Famous Gallery Opening](#): September 14 from 3pm to 7pm - "Vancouver based gallery of local emerging artists run by artists! If you see something you like, reach out to the artists directly." Save the Date and follow their IG page and receive upcoming info for their opening reception in Downtown Vancouver. I will be there supporting my husband [Paul](#) and our other artist friends at this event. Come say hi!

[ODIHI - Bigger Ideas Conference](#): September 16 - "Empowering, nurturing, and celebrating the unique greatness in women through education, connections, conversations, and collaboration." See you there!

[Discover Adult ADHD Webinar: October 5th](#) - "The Adult ADHD Centre offers education to healthcare providers, professionals working with ADHD clients, and the general public with the goal of increasing ADHD awareness."

CAREER BYTE

Your ENTRADA Life and Career Success Toolkit Tip for August

Most of us have experienced emotions within of our career life. My esteemed Positive Psychology Coach peer, Michelle Falzon identifies four key aspects to consider and acknowledge in our professional environments. Emotional Intelligence aka EQ is very much a part of our workplace too. I hope you find this article as insightful as I did!

[Navigating the Complex Terrain of Workplace Emotions: Needs, Wants, Fears, and Frustrations](#) [by Michelle Falzon](#)

[TL;DR \(Too Long; Didn't Read\)](#)

Four core elements to be aware of in the emotional landscape at work:

- 1. Addressing Fundamental Needs:** Recognizing and nurturing employees' needs beyond financial rewards fosters a thriving work environment.
- 2. Pursuing Aspirations:** Nurturing employees' aspirations fuels motivation and authenticity at work.
- 3. Confronting Apprehensions:** Transforming workplace fears into growth opportunities promotes individual and collective success.
- 4. Addressing Discontent:** Open dialogue and empathy in addressing frustrations fosters personal well-being and organizational prosperity.

Effective communication in the workplace is a powerful tool that fosters trust, respect, and authenticity. By actively listening to employees' needs and aspirations, employers can create a culture that values each individual's contribution. Acknowledging the emotional dynamics at play enables personal growth and organizational success.

DEEP GRATITUDE TO YOU

"Working with Rachel has given me the confidence to make decisions about my life and career. 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 L

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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!***

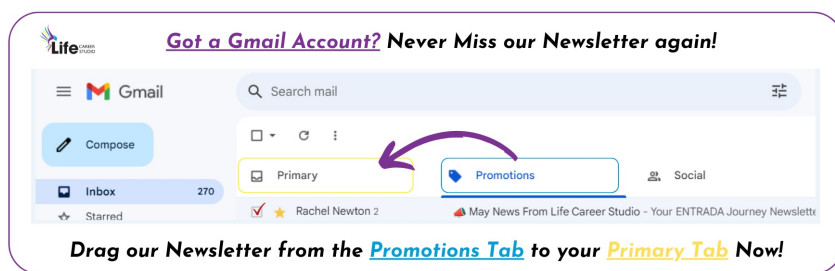


WAS THE CONTENT IN THIS NEWSLETTER USEFUL?



Rachel Newton MTC CBCC MQT
Integrative Career Counsellor &
Coach

Life Career Studio



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and need to de-clutter your inbox. Wishing you all the best for your Life & Career to Work Your Dream!