



**"Meaning is dynamic.
It is evolutionary and co-created
with our lived experience"**

- Maria Sirois, PsyD

Eloquent words of wisdom from Maria Sirois, PsyD who I was delighted to meet for the first time this month at the [IPPA World Congress on Positive Psychology](#) here in beautiful Vancouver, BC Canada! [Maria Sirois PsyD](#) and [Michael Steger PhD](#) (one of my Positive Psychology Heroes) co-facilitated one of the pre-conference workshops I attended. The title was ***"Meaning in good times and bad: Where the better living actually happens."*** We were challenged to find and "cultivate meaning in ordinary moments in our lives". This was not a new concept to me and it is something I aspire to and encourage in my clients as well. I will be exploring this further in a long overdue blog post. In the mean time, I offer this question to you inspired by Maria and Michael:

Where is Meaning in your life today?

**Time Flies! Embrace Summer
and Make Every Moment
Count!**



Welcome to your July 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 JULY?

Career Flow: Capitalizing Your Superpowers in the AI Era to Work Your Dream!

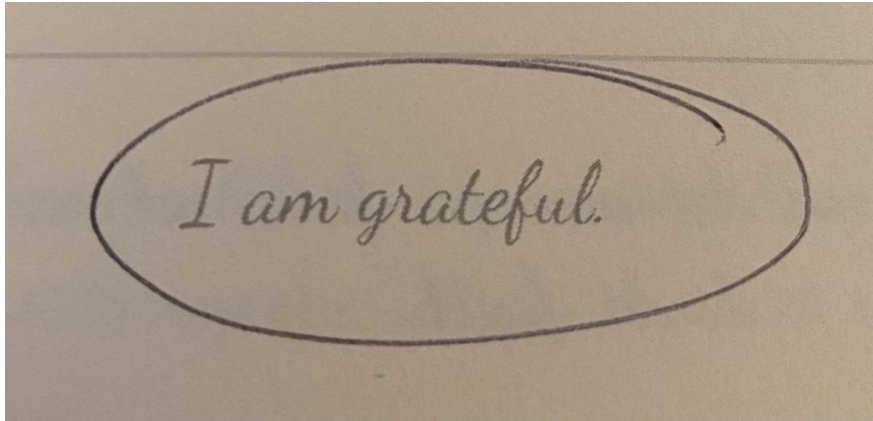
Our free [ENTRADA Membership Masterclass](#) this month was on the topic of helping you to discover how to:

- Identify and develop your strengths in the AI (Artificial intelligence) Era
- Find Flow - Immerse yourself in tasks that align with your Career DNA (Talents + Energy)

- Apply the principles of Flow to achieve better outcomes utilizing AI technologies
- Navigate your emotions regarding the emergence of AI
- Approach the new technological landscape with confidence and ease
- Manage and leverage AI to optimize your career or business

Watch the Replay Here

My Life Career Studio Anniversary - July 01



In 2011, I launched Life Career Studio to Work My Dream creating a supportive place where seasoned tech executives discover meaningful work and their True North for fulfillment in their lives and careers. For over a decade, I've had the honour of facilitating and witnessing incredible transformations and unlocking superpowers together with hundreds of inspiring individuals and groups.

To all who've been part of this journey - my resilient and courageous clients, my beloved husband Paul and ZuZu, my family, friends, mentors, and the LCS Team - your unwavering support fuels my passion for creating lasting change. I'm deeply grateful for the trust you've placed in me.

As we celebrate this milestone, I'm excited for many more years of growth, empowerment, and unlocking potentiality together. Here's to pursuing meaningful lives and careers to Work Your Dream!

PS The photo is from my [To The Wonder: Writing & Creativity Journal](#). If you are a Journaller as I am, [Toni Salerno](#) has some beautiful journals and other inspiring publications. This was gifted to me (twice - deliberately) from my Dear Husband, Paul.

IPPA World Congress on Positive Psychology here in beautiful Vancouver, BC Canada!



As mentioned with the opening quote, I was so excited to attend the [IPPA World Congress here in Vancouver](#). It was my first IRL (in real life) conference since Covid and it highlighted how I really miss in-person events. I look forward to sharing more of the rich and engaging learning and connections from this wonderful meeting of like minds, hearts and spirits! Stay tuned for more over the next months. It may take me the two years until the next conference in 2025 to deliver all the Positive Psychology wisdom to you!

The theme this year was "Connection" - so appropriate and timely for many of us. I am still in the afterglow of all the meaningful connections and reconnections with fellow delegates and Positive Psychology Professionals.

COMING UP IN AUGUST!



Career Superpower Secrets to Blast Away Career Blues

FREE ENTRADA MASTERCLASS

Tuesday, August 15 @ 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!

Sprott Shaw College 120th Celebration

Vancouver BC Canada

Sprott Shaw College is celebrating its 120th anniversary! In recognition of this achievement, they will be hosting an open house celebration at all of our campuses on **Thursday, August 17th, 11:30 am - 1:30 pm.**

Here is their invitation open to Everyone across all their campuses!

Celebrate Sprott Shaw's history with us! We extend our heartfelt gratitude to our past and present students for entrusting us with their educational journeys. Join the festivities for free food, refreshments, and a chance to win amazing prizes!

Experience an afternoon of fun and nostalgia as we delve into Sprott Shaw's rich history with trivia contests, campus tours, and meet and greets with staff and guest speakers. Everyone is invited - graduates, current students, staff, family, friends, and the communities we serve. Let's come together to commemorate our shared journey since 1903, celebrating triumphs and overcoming challenges. Together, we enrich generations with higher education, thanks to the unwavering support of our communities.

I have been honoured to speak to students at their campus for the past two years.

See you there at the New Westminster campus - Suite 420, 88 6th Street or click below:

More Info Here

UPCOMING COMMUNITY EVENTS



[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."

[ODIHI - Bigger Ideas Conference](#): September 16 - "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

leverage AI to help you mitigate repetitive tasks that are draining so you can focus on Meaningful Work. To continue with the [Career Flow + AI discussion this month from our ENTRADA Masterclass](#), I hope you find this article as helpful as I did!

[How to identify appropriate tasks for AI in the workplace \(+ 5 tasks to delegate to AI right now\)](#)

by Viesturs Abelis

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

- 1. Recent AI developments have impacted industries** and brought AI into the workplace, transforming task completion and boosting efficiency.
- 2. Free and user-friendly tools like ChatGPT and Bard enable easy AI integration for improved work effectiveness.** The number of AI users in the workplace is steadily rising.
- 3. Embracing AI as a virtual assistant eliminates the struggle with cumbersome tasks**, leading to enhanced productivity.

4. Understanding AI's strengths and limitations empowers individuals to use AI effectively, optimizing processes.
5. Read more for insights on prompting like a pro and five tasks to delegate to AI for turbocharging workplace productivity.

DEEP GRATITUDE TO YOU

"With Rachel's guidance I was able to identify the negative behaviours that were blocking me from advancing in my career. I was given the tools to help myself from going down the same path again."

Jenny N

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!***



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!