



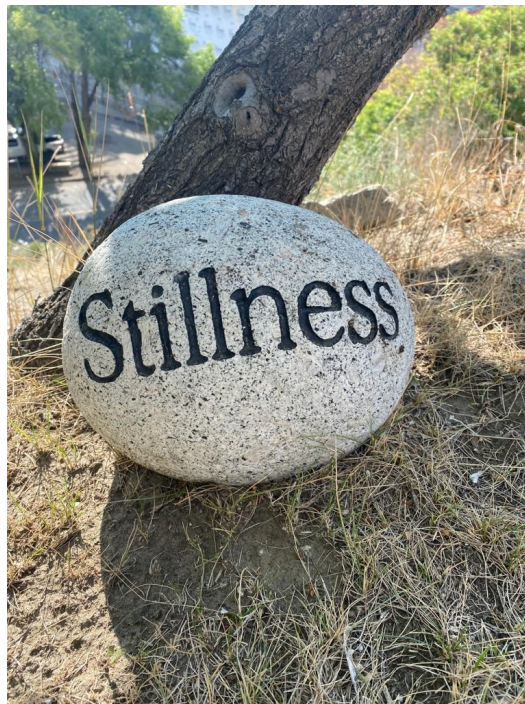
Apology and Updated Newsletter

*Sending apologies to you all as the wrong version of my September Newsletter went out on September 30. **This correct version acknowledges our National Day for Truth and Reconciliation in Canada on September 30.***

There was also a glitch with my email client server on Friday, Sept 29 and due to a technicality, two emails were sent out in the am and pm instead of one in the am for my Day #9 Gratitude Practice. I am sorry for over-cluttering your email box. Thank you for your patience with me navigating the joys of technology.

With appreciation, Rachel

"Do Less. Have Less. Be More."



Welcome to your September 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!



National Day for Truth & Reconciliation in Canada

Today, we gather strength from a significant moment in our history. We observe the [National Day of Truth and Reconciliation](#), a day that prompts us to reflect on the deeply impactful legacy of Indian Residential Schools. This day serves as an invitation to us all - an opportunity to remember those who endured these schools, those who didn't make it home, and the survivors who carry their experiences with them.

The Indian Residential School system, which operated from the 1870s until the 1990s, was a regrettable part of our history that sought to separate Indigenous children from their families and cultures. Over 150,000 First Nations, Inuit, and Métis children were forced into this system, often far away from their homes.

This truth is difficult but necessary to face. However, today is not just about looking back; it's about moving forward. As we honour their memory, we also commit to ensuring such wrongs are never repeated. We're all on a collective journey towards reconciliation. By learning from our past, we can heal and progress together.

We have the power to transform our shared history into a more hopeful future. We have the power to choose compassion and courage to create a world where we can feel safe, included and respected despite our diverse histories and backgrounds. We have the power to choose and honour Truth and Reconciliation in our own way.

WHAT HAPPENED IN SEPTEMBER?

Summer Break!



At the start of our Summer vacation in August, I jumped into a very cold Pacific Ocean with friends near Galiano Island who have a lovely cabin there. I think my friend said it was approximately 11 degrees Celcius (51 Fahrenheit for my US friends). It felt freezing to me. It was a very fast swim off the boat dock and back up in probaly under 10 minutes! A couple of weeks later, Paul encouraged me to swim in a beautiful lake in Summerland as we were lucky enough to be hosted by other friends in their cottage in that beautiful part of BC.

Slowing down intentionally in August found me having more time for nourishing Stillness (that rock is at our friend's Summerland cottage too). And these words were a mantra that came to me as I journalled: "Do Less. Have Less. Be More." I wonder what they may evoke for you?

The image of the coy is from the Japanese Gardens in Penticton. Paul and I walked from the lovely serenity of the gardens and along the sunny waterfront. It was Labour Day Holiday weekend, but not as busy as expected as a [result of the fires](#) and [the nearby rockslide at Summerland](#).

Back to Back September Masterclass Sessions

In September I offered 2 Masterclasses:

Career SuperPower Secrets to Blast Away Career Blues & Know To Grow - Career Agility in the AI Era

Don't forget you can always review any of my past ENTRADA Membership Masterclass replays below.

[Watch Masterclass Replays Here](#)

Cultivating Gratitude

It was [World Gratitude Day on Thursday, Sept 21](#) and I had decided to share my morning practice with you dear clients and supporters. It emerged when I did my Journalling and Meditation Practice that morning as my heart filled with Gratitude for my Dear Clients, Family, Friends and Peers.

I completed my [9 Day Gratitude Practice Experiment](#). I had no idea where it would end up, but among the many riches of what I have taken away is the seed of yet another idea. What has emerged is [my ENTRADA Gratitude Practice Protocol interactive Zoom Well-Being Workshop](#) for you based on my learnings, research and experience over the past week. With Canadian Thanksgiving on Oct 9 and US Thanksgiving Nov 24, it is the Season of Gratitude so this theme feels fitting to me!

Deep appreciation for those who joined me on my Gratitude Journey. It will feel strange not to be sharing my practice on a daily basis going forward.

I do however look forward to seeing you on **Sunday, October 29, 2023**.

It has been a while since I facilitated a [Well-Being Workshop](#) and I cannot wait to see some familiar and new faces!

[Workshop Info and Sign Up Here!](#)

***My Top 5 Podcasts



It's been more than three years since COVID-19 shook things up, and lots of individuals are still rethinking their whole work situation, checking out different career options and many are shifting careers. You know what's been super helpful back then and even until now? **Career podcasts!** They're like your trusty GPS for navigating your professional path.

[Your Guide to the Top Career Podcasts of 2023 by Mac Prichard](#)

By the way, below are my current top 5 podcasts to share with you too.☺ PS It excites me to find out what others are listening to, so

feel free to drop me your Top 5... or even one podcast that really moves you!

Rachel's Top Five!

1. [Mental Muscles Podcast](#)
2. [Huberman Lab](#)
3. [Coach with Clarity](#)
4. [Tara Brach's Podcast Episode: Our True Nature - Emptiness Dancing](#)
5. [The Art of Decluttering](#)

"Art is unquestionably one of the purest and highest elements in human happiness. It trains the mind through the eye, and the eye through the mind. As the sun colours flowers, so does art colour life."

— John Lubbock

Art enriches and has a positive impact on our lives. ☺☺ As we gear up for a month-long celebration of arts, culture, and creativity during the Fall, let's fully embrace the transformative power of art.

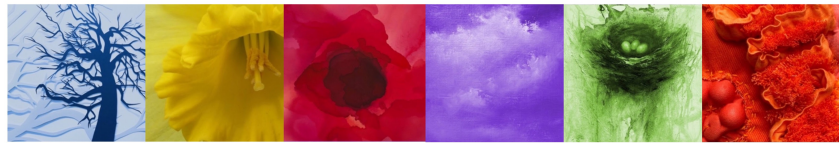
In case you missed earlier news on this, I am so proud of and excited for my wonderful and gifted husband, [Paul Newton](#) being part of the [Almost Famous Gallery](#) opening here in Vancouver. In less than a year, he has really embraced his creative talents and had the courage to share his beautiful work (shameless bias here) with the world and no longer keeping it only for family and friends.

I am so inspired by his vulnerability and love being included in his pursuit towards being a Career Artist. Paul has been pivotal in supporting me in my career in the helping profession, and I am so fortunate to have the opportunity to reciprocate the support he offers to me.

Huge gratitude for our incredibly talented and amazing Career Artist friend, Victoria Mitchell. She believed and supported Paul by inviting him to be part of [Eastside Atelier Artists](#) 10 months ago and they have both grown and flourished together and independently.

Along with Paul & Victoria, there are a total of 7 accomplished artists making our world a better place! Janine, Dave K, Lauren, Collette, Jessica. Drop in and say hi if you are in the neighbourhood! They will be there for some time as the Bentall Buildings proactively encourage and support artists.

And from this week until October 8th, there is a special "[First Saturday Monochrome Exhibition](#)" Paul, Victoria and a number of other brilliant artists are featuring in as well. There are so many reasons to be creatively inspired this season with [BC Culture Days](#) too!



FIRST SATURDAY MONOCHROME EXHIBITION

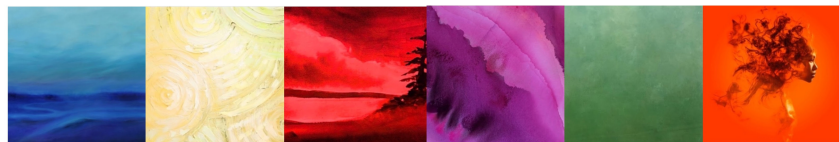
Sept 29th - Oct 8th

Opening Reception Friday Sept 29th 5-8pm

320 - 1000 Parker St, Vancouver, BC

Saturdays & Sundays - Noon to 5pm

Other Days by Appointment 778.875.0258



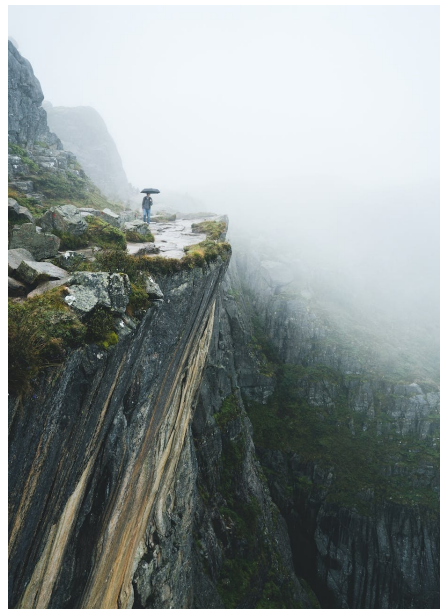
[Culture Days: Sept 22 - Oct 15](#) - "Celebrating arts, culture, and creativity in our communities! **FREE events across B.C. from Sept 22 - Oct 15, 2023**"

**Comparison is not the thief of joy. Envy
is.**



[In response to Adam Grant's insightful LinkedIn post](#), let's reflect on the power of comparison as a catalyst for growth rather than a source of envy. ***Who are the people that inspire you and why? How does their journey motivate you to learn, grow, and transform?*** I invite you to consider these self-reflection prompts and explore how comparison can be a powerful tool for personal and professional development. By comparing ourselves to those who inspire us, we fuel motivation and facilitate valuable learning.

COMING UP IN OCTOBER!



Career Superpower Success - Escaping Career Pitfalls.
FREE ENTRADA MASTERCLASS
Wednesday, October 11 @ 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 L-M-N as the next pieces of the code in your Career DNA. Wondering what those are? Find out in October. Join me for this next part of our ENTRADA

Register Free Today!

UPCOMING COMMUNITY EVENTS



Discover Adult ADHD Webinar: October 5 - "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. [Click here for the registration link!](#)"

Creative Mornings Vancouver: Friday, October 6 - "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."

New West Cultural Crawl: October 14-15 - "You don't want to miss the 20th Anniversary of the New West Cultural Crawl. Over 150 artists across 6 neighbourhoods, free workshops, concerts, poetry events, after dark activities and more!" (Psst - yes Paul will be in the New Westminster Cultural Crawl).

CAREER BYTE

Your ENTRADA Life and Career Success Toolkit Tip for September

**Meaningful Work: The Good, the Bad and the Ugly
What can go wrong and how to prevent it**

Scientific findings highlight adverse work conditions' connection to poor health, prompting a closer look at purpose and eudaimonic well-being in the workplace. Meaningful work boosts motivation, performance, and commitment, but mismanagement can harm. Recent trends like the Great Resignation underscore the repercussions of

purposeless work and inadequate conditions. Drawing from Aristotle's insights, we can shape meaningful work aligned with virtue and potential. Implementing evidence-based practices rooted in these ideals, at societal, organizational, and individual levels, is vital.

Interested in diving deeper into the topic? Feel free to explore the complete article by following this link: [Meaningful Work, Well-Being, and Health: Enacting a Eudaimonic Vision](#)

DEEP GRATITUDE TO YOU

"Rachel has profoundly transformed my perspective on life and opened me up to countless opportunities. Rachel demonstrates unwavering dedication to my growth, tailoring her expertise to my unique needs. Her ability to inspire and empower is remarkable, guiding me to discover strengths, passions, and values while pushing me beyond my comfort zone."

Peter B.

[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!***



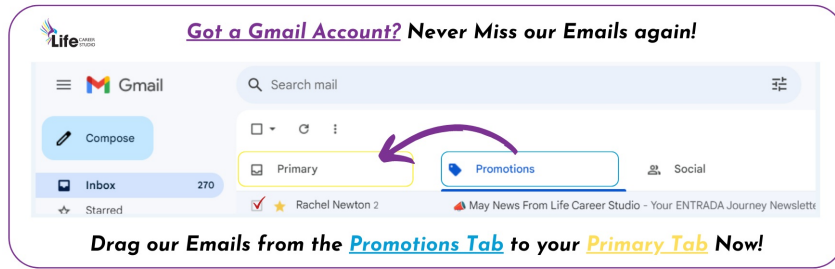
WAS THE CONTENT IN THIS NEWSLETTER USEFUL?





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!