There is a lot of scary stuff happening in the world today, and I am not talking about Halloween. Feeling helpless in the face of world events - political, environmental, social and the effect I notice on my clients, my community and on myself, I decided to do something. It was a relatively small gesture in the larger scheme of things, but it took me longer than I anticipated. I almost gave up right until the end. I am glad I did not.

<u>I offered an online event on Sunday</u>, I deliberately did not charge for the event, and bumped out a <u>paid online workshop</u> I had planned for that day. I wanted to offer anyone who came a place of respite from the pervasive conflict that seems like it is everywhere. I prepared, but did not rehearse because I wanted to show up just as me. I wanted to be as present as possible. I can't say that I am altogether happy with what I delivered, and part of me wants to do it again and take that video down, but I will leave it for now.

Then, today I heard this quote that made me stop and write it down: "Being present is more important than being perfect." - Marcia Reynolds.

In the context of my experience on Sunday, these words are a reminder of what is meaningful in the work I do. I heard the words, "Sharing is Caring" during Covid and even though it is a common and well-known phrase, it stuck with me more than it had before. I have acquired a tonne of information over my lifetime. Especially in the past almost decade and a half since I started my transition into a helping career from my corporate life.

Lifelong learning is one of my values, and I am deeply fortunate to be able to pursue a career that demands the pursuit of learning. Collecting knowledge is not learning; learning is a process and I deepen, consolidate and integrate what I have learned when I SHARE it.

My sharing is not perfect and it is far from polished, but it is the best I have to offer the small part of the world I inhabit. Despite the fumbles, the technical issues, the emotional obstacles I may put in my own way, I will keep sharing what I learn. And if only at least person feels cared for, it makes overcoming these challenges worth it. I call this experience my "learning edge". I wonder what inspires you to keep pursuing meaning in your life and career?

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

2 h 24

If you think of someone you know who would enjoy this newsletter you are welcome to forward them this to them too!

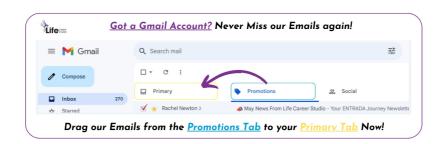
> Rachel Newton MTC CBCC MQT Integrative Career Counsellor & Coach Life Career Studio

https://lifecareerstudio.com https://www.linkedin.com/in/rachelnewton https://twitter.com/workyourdream https://www.facebook.com/LifeCareerStudio https://www.instagram.com/lifecareerstudio https://www.youtube.com/@lifecareerstudio

Welcome to your ENTRADA newsletter, part of your journey 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 appreciate the unique challenges you face, and we're here to guide you towards achieving more, not just optimizing your career and how you create income, but in life as a whole.

We offer practical tips and strategies designed for your Life and Career. From identifying new opportunities in your field, to transitioning into a more meaningful role, we provide comprehensive support. In addition, we'll help you strike that elusive work-life balance or rhythm as we prefer to say. Less stress, more success, and a happier, healthier you - physically, emotionally and energetically!



View in Browser | Unsubscribe

I am sending you this email because you have contacted or worked with me in the past. Please add my email to your contacts if you would like to continue to receive messages from me. If you choose to unsubscribe, I will be sad to miss staying in contact, but understand if you no longer find value in my emails and need to de-clutter your inbox. Wishing you all the best for your Life & Career to Work Your Dream!