



ENTRADA Newsletter – December 22, 2023

Winding Down 2023: A December Offering and Holiday Wishes

Hello!

Where do I begin? In the wake of the Solstice, the momentum of my exciting and action-filled November continues into December. I somehow managed to squeeze more Doing into the first part of this month with Paul and I heading to Australia to surprise my sister, brother-in-law and 9-year-old niece. My parents were the conspirators this time. (In December 2021, I surprised them and my niece with the help of my sister and brother-in-law). On Saturday, December 9, leaving a light snow in Vancouver, Paul and I arrived to a very warm 26 degrees Celsius (approx. 80 Fahrenheit) after the 15-hour flight. My parents woke at 4am to drive down from the [Central Coast of NSW](#) to meet us for our arrival flight on December 11 at 7am. After a couple of days to settle in and hiding at my parents' home, we did the reveal of our presence to my sister and her family over dinner. The surprise was filled with happy tears, speechlessness, and lots of hugs.

Our first week was spent between family life and working remotely, still meeting my wonderful clients thanks to the amazing technology of virtual sessions. Paul and I did a breathtaking morning beach walk in [beautiful Blue Bay](#) on one of the hottest days so far this month – it was 40 Celsius (over 100 Fahrenheit) and later that day we did a Sydney city visit. I met an online friend for the first time IRL (aka in-real-life) at the [delicious Mother Chu's Chinese vegetarian restaurant in the city](#). We hung out for a bit and roamed the city, then met up with Paul and took some pics in the [historic QVB Building by the Christmas tree there](#).

Other experiences so far included: swimming with my 9-year-old niece who has grown like a weed in the past 18 months since I last saw her. I am pretty sure she will match my stature of 5' 3" (160 cm) before I leave in February to head back to Vancouver! Paul and I put up and decorated the Christmas tree with the family. A novel experience for us both was attending my niece's school holiday concert. We enjoyed BBQ dinners and sleepovers with my sister, brother-in-law and niece who live close by. We caught up having meals with family friends too.



This week I presented my [final ENTRADA Masterclass and facilitated our last Mastermind meeting for 2023](#). During the Mastermind, each of us set accountability writing goals for the next month as we all had that in common as a strange coincidence! I can't wait to reveal my 2024 ENTRADA Membership plans for the Spring including an in-person Vision Board workshop back home in New Westminster at a fabulous neighbourhood space – stay tuned for more later. For January 2024, I am excited to continue my [ICF Applied Positive Psychology coaching training at Positive Acorn](#) with an astute cohort of peers led by the [inimitable Dr Robert Biswas-Diener](#).

2023 has been another rollercoaster year for many reasons, and I have continued to be so fortunate to work with some incredible and dedicated clients. Immense gratitude to the various formal and serendipitous teachers (the latter including Paul, ENTRADA members, clients, peers, friends, and last, but definitely not least, my family) who have been involved and supportive of my personal and professional growth this year. [Deep gratitude to the team here at Life Career Studio, notably Yash who is indispensable and helps keep me on track and organized](#). Thanks also to Paul, Rosa, Autumn, Frank, and Michelle for their continued support.

Looking forward to a holiday vacation break with my family and friends here in Australia. I wish you and yours all a very safe and restful holiday season. My hope is that this time can offer a time of ease and a pause to you before launching into the new year. May 2024 greet you with prosperity and abundance. Looking forward to seeing you again in January!

Be Unapologetic In Your Life And Career:

WORK YOUR DREAM!

A handwritten signature in blue ink, appearing to read "Rachel", with a long, sweeping underline.

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

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