

Embrace Gratitude: A November Reflection

Hello!

What a crazy November I created! Fall is a Season of Gratitude for me with Canadian Thanksgiving in October and US Thanksgiving this month.

I knew this Fall was going to be hectic because of the decisions I made a few months ago and what I was committing to. After two years, I was once again able to participate in a [Coherence Therapy Intensive](#) live online training and selected as a volunteer "client" the weekend of November 11 and 12 inclusive. Having started in September, my [International Coaching Federation \(ICF\) Coaching Skills Training](#) live online classes officially ended last week on Saturday, November 18 and I became an [ICF Member](#) as well. I supported my amazing and talented (yes, I am VERY biased) husband, [Paul in the Annual Eastside Cultural Crawl from November 16 - 19 inclusive](#).

[After 8 weeks of in-person classes, I had my Graduation night for my Stand-Up Comedy Debut on Thursday, November 23 at a Vancouver Comedy Club called Yuk Yuks](#). I squeezed in my birthday between those dates too. Not to mention some incredible client experiences as my professional development continues to create greater attunement to further support my clients. It has felt like a rollercoaster this month as all levels - emotionally, intellectually, physically and energetically.

I am writing this newsletter by a roaring fire in the company of [Jean Luc who some of you may have seen in my August Newsletter](#). Jean Luc is now about 18 months old and is 80lbs (approx. 36 kg) of unbridled love in the form of a Giant Royal Standard Poodle. He is definitely a character! I am dog sitting on the Sunshine Coast for some other wonderful friends. I arrived here on Friday, November 24 and the Fall weather this weekend has been stunning, albeit cold with lows of 2 degrees Celsius (35 Fahrenheit) and highs of 7 degrees Celsius (44 Fahrenheit). One of my other kind and supportive friends met me at the ferry terminal from Vancouver as I waited to travel here (via a 40-minute ferry ride), he gifted me a book for my birthday, and we had a delicious breakfast together.

I am so lucky to have a community of friends in Vancouver and here on the Sunshine Coast. One of my friends here on the Sunshine Coast generously took me to a choir concert in which his wife performed. I have not been to a choir concert since school... so yes, many years ago. It was a deeply touching experience in a Church here in Gibson's, BC with great acoustics. Today I was able to enjoy lunch and meaningful connection with another beautiful friend who prepared a delicious meal for me in her lovely home.

Profound gratitude is prominent in this moment. I am aware that there are stressors and pressures in life and deadlines looming (sending out my monthly newsletter tonight being one of those deadlines), but at the same time, I am appreciative that I give myself permission to embrace the rich learning and connection experiences, not only during this full and busy month, but throughout other times this year. I find I become more acutely reflective at this time of the year. I am another year older and still feel I have so much I have not yet completed or even started. And December 31 is looming, marking the passing of another calendar year.

Like many people, my life is far from perfect, if anything, I picked up the saying in one of my trainings of being "perfectly imperfect". That saying allows me self-compassion that is not always available, despite all the personal and professional development work I do. My friend (a talented

intuitive therapist) at lunch today spoke of re-remembering: that is what we do for each other and for our clients, as a way of reconnecting to our inner resources. It can be so easy to distract ourselves from what is meaningful and important in our lives.

We can forget in the busy-ness of our day-to-day tasks, that when we can be present and in touch with our sense of self-trust, it is there that we can tap into our own power. It is from that inner power we can draw the capacity and true belief that even though we may not have all the answers and life may not be "perfect", we can decide to create the life and career we ultimately desire. As we approach the last month of 2023, I am curious about what choices you are making to bring you closer to the life and career you truly want to create.

Wishing you a December filled with continued growth, joy, and abundant gratitude and creativity.

Be Unapologetic In Your Life And Career:

WORK YOUR DREAM!



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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Welcome to your ENTRADA newsletter, part of your journey to a more fulfilling career, better work-life harmony, and maintaining (even improving) your life and career to Work Your Dream.

Our mission is simple: to help you navigate your career/ professional/ 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!