Dear Friends,

January 2024 has felt a bit more up and down than January 2023. It's wonderful to be here with family and in Australia and the warmth of summer and not having to shovel Canadian snow and wear layers of winter clothing. I wonder what your start to 2024 has been like.

In addition to being able to spend Christmas and New Year with my family and friends, Paul and I shared a number of new and wonderful experiences including: my sister joined us for a surfing lesson; a week-end away in the Blue Mountains with my sister and her family, and Paul did a Drone Photography Workshop – I tagged along too as a spectator; beach days with my sister and her family; introducing my family to Pickle Ball and my first time playing too; day trips to Sydney (as we are 90 minutes north on the Central Coast), BBQ's, meals with my family and watching the Australian Open Tennis in real time.

There are a few of the highlights of the "up" experiences so far this year, but one notable "down" as I returned to meeting my wonderful clients virtually again after the holiday break, the next week, I tested positive for Covid. To focus on returning to health as soon as possible, I cancelled my first ENTRADA Masterclass for the year and my special guest, Patricia Morgan was very gracious when I let her know. We will reschedule for March or April, so I will keep you posted. It was intriguing because the topic for January was "Simplicity" and when I realized I was sick, prioritizing health over business was a clear (and simple) choice, and my clients' understanding was heartening.

Thankfully this time having Covid was not as miserable and painful as last time, but having to isolate from my family here in Australia was disappointing. My family dropped off supplies to help make it more comfortable where I was isolating, and Mum masked up and brought groceries and meals to me daily. Phone and video chat, etc. kept me connected to family and friends, but the aloneness of the past week was in stark contrast to the rich connectedness of so many social and family gathering and events for the weeks before. While Covid was not at all in my agenda, it allows me to be profoundly grateful for my loving family as I have been so cared for. I must also thank my amazing assistant, Yash for holding the fort for me in my absence. Yash enjoys many of the administrative and operational aspects of my business that I do not! She is an invaluable part of my team.

I deeply appreciate well wishes from friends and clients too. This nurturing message sent from my dear friend, and fellow counsellor (also an incredible healer, artist, and author) Linda Nardelli touched me, *"I'm sorry to hear that you have Covid, and pray your downtime is restful and replenishing, providing you with deep insight into your needs."* I realize as my energy returns and I commence work again, that I did value that pause, and I found out that one of my needs was rest after all. In the quiet solitude, I also discovered my need for meaningful and loving connection to others was still unexpectedly fulfilled. Being isolated allowed the opportunity for me to experience a different way of receiving care, acts of generosity, love, and kindness from my family especially. I will take this insight into the rest of 2024 as well.

Finally, I am very excited to announce that **from January 29 to March 27, 2024, you will be able to experience 'Fusion Perspectives'**—an artistic collaboration between two talented, award-winning artists, my husband Paul Newton (you can find him at @ilikescotch) and Victoria Mitchell @victoriamitchellstudio.

📍 Location: Community Art Gallery, Anvil Centre, 777 Columbia Street, New Westminster

I hope you can join them for the **opening reception on Thursday, Feb 1, from 6-8pm,** @anvilcentre where art, laughter, and good vibes will intertwine, creating a beautiful tapestry of imagination and reality.

This inaugural exhibition is an opportunity to explore a realm where creativity knows no bounds through the blended technologies of photography, painting and illustration.

In closing for this eclectic monthly ENTRADA Newsletter, my hope is that whatever experiences you have had for January, if it serves you, that you might create some time to reflect and receive "deep insight into your needs". Perhaps you will discover what may have been meaningful and supportive that could sustain you for the rest of 2024?

I would love to hear your response(s) if you choose to share!

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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