

TLDR

1. [Self-Care Focus: the importance of self-care and my latest blog post on being "self-ful" to manage overwhelm and cultivate well-being.](#)
2. Mental Health and Heat: the impact of extreme heat on mental health.
3. Creative Mornings Vancouver inspiration, including quotes from Corinne Lea of the Rio Theatre about overcoming adversity.
4. Resistance as Opportunity: my coaching realization that viewing resistance as an opportunity enhances creativity and productivity.
5. July Masterclass: [Career Optimizer - Leveraging Your Unconscious to Thrive During Disruption.](#)

“Slow Down, You Move Too Fast” I know I am aging myself starting with those lyrics, and if you were born in the 80’s or later a.k.a. you are a Millennial, Gen Z or Gen Alpha, unless you are into retro music, you may think that [Simon & Garfunkel](#) is some obscure fashion label. My parents would listen to S&G, so I absorbed some of their tunes by osmosis. There must be something about Summer as I have been receiving a lot of Self Care posts in my feed, and I blogged on that very topic this month too. [You can read or listen to “Self Care and Being Self-Ful to Shift from Overwhelm” here.](#) For those of you who prefer to listen, I have recorded an audio version. If you would like to hear future blogs as audio, please let me know if this is valuable to you.

I have learned to embrace the Summer slow-down in my practice over the years. The time of fewer client sessions allows me to catch up on other business and personal projects. I am fortunate to be able to express creativity with clients, as well as in other projects that allow me to flex my creativity muscle. Using the AGILE approach to borrow from my tech days, I am regularly tweaking what I offer to refine and improve for my clients. [A reminder you are welcome to offer me feedback at any time here](#) or reply via email if you have requests or comments.

Hot Enough For You?

I know it is typically somewhat mundane to talk about the weather but is anyone else in the Pacific Northwest feeling extra uncomfortable in this heat?! Paul and I have been somewhat grumpy at each other due to lack of sleep in these sweltering conditions. It is in the 30’s here in Celsius or the 100’s for those in the United States who use Fahrenheit. I feel like I am back in Australia, but without the comfort of air conditioning.

As a result of one of these mundane exchanges about the weather with a colleague, I received this [article from the American Psychological Association that discusses how heat impacts mental health](#). It highlights that extreme heat can increase stress, anxiety, and aggression while worsening pre-existing mental health conditions. The article emphasizes the importance of understanding these effects to develop strategies for mitigating heat-related mental health problems. With the extreme temperatures, be they the heat in the Northern Hemisphere or the unseasonal cold winter in the Southern Hemisphere, are another reason why Self Care is particularly important for us and our sense of overall well-being.

Who or What Do You Trust?

Following the earlier theme of creativity, last week, Paul and I went to [Creative Mornings in Vancouver](#) again, and as always, it is an inspiring way to start the day and month. Each month, the dedicated and passionate volunteers at Creative Mornings (CM for short) invite a speaker and there is a theme. This month, the theme was Trust. As an icebreaker to mix and mingle with others, you fill out a name tag with a prompt which was: “Who or What Do You Trust?” Paul wrote “My Camera” and I wrote “Depends” – he burst out laughing since he read it as adult diapers (or nappies for the Australians and others outside North America)!



The guest speaker was the amazing and delightful Corinne Lea – CEO of the [Rio Theatre here in Vancouver](#). For those of you who are not familiar with [The Rio](#), CM describes it as “[Vancouver’s award-winning multimedia Independent theatre and cultural anchor.](#)” One way she referred to herself was as a “Pop Culture Seismologist” – a succinct way of talking about how she relates to her role in the community with the Rio being only one of the six remaining independent theatres in Vancouver. I am excited to finally go for a movie night at the [Rio Theatre here in Vancouver](#) soon. Crazy that I have not been there after all the years living in this city. Some quotes I grabbed from her talk that stood out:

“When things don’t work out, learn and then move to what’s next?”

“Just keep trying and don’t take it so personally.”

“Overcome the self-doubt and do it anyway. Take the leap!”

I will be turning these into memes for social media posts and will elaborate more and likely add more context in a future blog! As always, I am so inspired listening to speakers who are talented storytellers and have honed the craft of being expert narrators. I am surprised but delighted that Narrator is my top strength in my latest [Strengths Profile assessment](#) (included in my Positive Psychology Coach training, I have added this excellent instrument to my vast toolkit for clients to call upon when appropriate), but I still feel far from the calibre of some incredible speakers I follow who motivate me to elevate and refine my communication.

Paul who trusts his camera and is another creative person I admire as well as love, deserves a quick shout out and kudos for his latest photography accolade and achievement. [He received an Honorable Mention in the Fashion category from the International Color Awards!](#) The link goes to his Instagram account to see the award-winning image if you are curious.



Resistance is the Key to Opportunity

Corinne's stories of overcoming adversity to thrive certainly embody "*Resistance is the Key to Opportunity*". These are words that I shared as an insight at the end of a coaching session recently. I arrived at this surprising conclusion in my role of client with one of my skillful coaching peers from my cohort at [Positive Acorn to become a Certified Positive Psychology Coach](#).

The topic I was struggling with and being coached on was trying to let go of some (personal and business) projects that feel important to me but realizing that I am trying to do too much. The result is I am overwhelmed rather than energised. A hard decision was to prune some of these projects. My conclusion that I arrived at was if I can view *Resistance as the Key to Opportunity*, this perspective allows me to be more solutions-focused and creates more space and possibilities for me. Ultimately, I will have more energy to be creative and productive. So, now I am shifting to cultivate a new relationship with Resistance. I wonder if this can be helpful for you, Dear Reader? Or perhaps you have your own words of wisdom for your relationship with Resistance or some other area of challenge for you? [Feel free to drop me a note if you would like to share!](#)

Geeking Out About Your Unconscious

In May, I offered my *ENTRADA Masterclass – Your Confidence Code: How To Leverage Trust As A Career Superpower* as a more interactive workshop via Zoom and it was a fun experience, but for now, [I am returning to the Live webinar format to more easily share the content](#). I will be adding a summarized edited version of the May workshop soon to my [YouTube channel](#). I am lucky I am able to experiment with different methods of delivery when it comes to information sharing. The wonders of technology!

Here's the July event: [Career Optimizer: Leveraging Your Unconscious to Thrive During Disruption](#)

I am ultra-excited about this month because exploring the Unconscious is a place where I really geek out at all levels. And I have a geeky partner in crime this month with friend and peer, [Fanie Zis who is a certified Life and Career Coach](#) and my guest for this Masterclass. I can't wait to introduce her to you! A couple of bribes (ahem, I mean incentives) this month. If you [Sign Up by this week, June 17](#), I will share my "*Energy Zappers Worksheet*" with you (psst, if you are reading this after June 17, let me know and I will still send it to you as a thank you for subscribing to my newsletter). It's a great resource for helping you quickly determine where your energy is going and a way to start tracking down your unconscious behaviours. *Extra bonus, if you attend Live on Wed, June 24, I will be giving away a complimentary coaching session with me valid for 3 months until the end of October 2024!* I hope to see you there.

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

A handwritten signature in blue ink that reads "Rachel".

If you know someone who would find value in this newsletter you are welcome to forward it to them.