News from Rachel at Life Career Studio – Fall 2024 September 16, 2024

TLDR

1. Summer slow down… lessons from my body…

2. Creative inspiration B&W show… Crawl Season coming up!

3. Back to School for me… or rather Back to Learning Courses

4. **September ENTRADA Masterclass "From Stagnation to Innovation: Self-Value as a Superpower** plus **my latest blog post.**

5. Gratitude and goodbye to Yash.

Happy Fall to everyone in the Northern Hemisphere, and Happy Spring to those in the Southern Hemisphere. This time of year, always feels interesting to me. I consider myself a Spring Baby, having been born in November in Australia, but here in Canada, my birthday is in the Fall or in Autumn, as we say in Australia. Paul (my dear husband, for those of you who don't know) is a September baby, and this is his favourite season, starting with his birthday, followed by Thanksgiving, Halloween, and then the Holiday Season. Spring remains my favourite, though, perhaps because it's the season I was born into in Australia. I'm curious, what's your favourite season, and is it connected to your birthday? Feel free to share!

Summer is typically a time of slowing down and this year was no different. I welcome the slower pace, but apparently my body decided that I was not slowing down enough. I hurt my back in early August while Paul and I were visiting friends in beautiful Summerland, British Columbia. I did not pay much attention to what seemed at the time to be a misstep, and thought I strained my Achilles slightly. A week later, I was in excruciating pain trying to get out of bed and walk. Unfortunately, I had to cancel all my sessions that day and the next. It took another week for me to be able to move relatively freely again and to continue the healing process, I elected to take an unplanned week of vacation. I am fortunate to have understanding and patient clients at times like that. I am now being more careful and attentive to my body and how I am holding myself.

My back pain experience reminds me about my career journey before I found this meaningful work as a career professional. I call the period prior to founding Life Career Studio, "wandering the vocational desert" when I knew I was not doing work that was fulfilling and at times it was harmful, stressful, and toxic for me, but I kept doing it anyway. My breaking point was anxiety, panic attacks and alopecia among the physical signs of stress I experienced. For those of you I have been privileged to support, I have been honoured to hear your similar stories although the details are unique. I am humbled and inspired by your trust to include me in your career exploration and discovery for meaningful work.

Fall has also become a Creative Season for the Newton household. Paul was one of the 60+ artists who participated in the "Black & White Exhibition" in September. The reception evening on Friday, September 6 was a fun event of art and live music for both artists and art lovers. Next

month, the Cultural Crawls will begin, notably for New Westminster, the Sunshine Coast and in November, the Eastside Cultural Crawl. I hope to see any of you who are local at those events.

The conversations with artists are always incredibly stimulating and ***inspiring*** whether speaking with those who are "weekend warrior artists" or full time "career artists". I will be posting the events on my social media channels (links below) closer to the dates too, so you are welcome to follow me there if you are not already doing so.

Back to school for the Fall too. Well, not a traditional school, but I am taking a couple of new courses. I am doing an in-person Intro Improvisation Course at Tightrope Theatre in East Vancouver for five weeks, so that is challenging, but fun. Also, I am thrilled to be continuing the next step in my Positive Psychology Coaching journey with the Advanced Practice of Positive Psychology Coaching facilitated by the very learned and revered Dr Christian Van Nieuwerburgh and Dr Robert Biswas-Diener bringing together a small group of incredible peer coaches. I can already feel my neural pathways and coaching muscles growing and expanding after the first week of this amazing and profound experience. Lifelong learning is one of my values, so this is me as I continue to grow. I will be sharing more about learning and well-being in October!

In keeping with the learning theme, **I am excited to be hosting my ENTRADA Masterclass "From Stagnation to Innovation: Self-Value as a Superpower** on Sept 25 this month. My special guest will be Patricia Morgan MA CCC who is a resilience expert, and an award-winning author and speaker. I met Patricia who was a keynote speaker at my first counselling conference in 2011. We reconnected at the start of Covid online and she has been my speaker coach and mentor since then. I was delighted that she said yes to my invitation for this very important topic as she will be sharing some wisdom and practical tips from her latest book, "Return to Center". Warm up with my latest blog – From Stagnation to Innovation: Self-Value as a Superpower for Your Tech Career Transition. We will be using a Zoom meeting format this time too and look forward to seeing you there. Live participants will receive gifts as well, so make sure you sign up and mark your calendars.

Last, but not least, it is bittersweet as I say goodbye to my wonderful and very talented Operations Assistant, Yash after almost two years of valuable support to me. I am happy that she is expanding her career and pursuing new horizons to embark on the next part of her very bright career future. At the same time, I am very sad to see her go. I know you will miss her too as she was always very professional with client correspondence and definitely kept me organized. Yash has been consistently conscientious and improved my processes and many other aspects of my business too. Please join me in wishing her all the best for her next vocational adventure! This newsletter will be her last one posted for Life Career Studio (for now). Mountains of gratitude, Yash. I know your future clients will be very lucky to have you supporting them, wherever this next step leads you to Work your Dream! 😊

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

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