



## News from Rachel at Life Career Studio – Fall 2024

November 21, 2024

Hello,

Welcome to your ENTRADA Journey Newsletter for November.

### **TLDR**

A Wellbeing Whirlwind This Fall.

**[October ENTRADA Masterclass replay is available.](#)**

**[December ENTRADA Masterclass: “The Secret XYZ Code for Career Clarity”.](#)**

Creative Wellbeing Immersion - Crawl Season was a blast!

Welcome Back Daisy.

Wellbeing Wonderings for You.

**“What’s the best thing that happened to you today?”** This question is a new habit Paul, my husband and I created over the past year. Read more in my upcoming wellbeing blog post, about the inspiration for this question, [Dr Robert Biswas-Diener, my teacher for my Positive Psychology Coach certification](#). Paul and I often expand this question reflecting over a period or an event, and I want to use it here for late Fall. I had so many rich and memorable experiences this season that it has felt like a whirlwind. A whirlwind of wellbeing. The plethora of opportunities for cultivating my wellbeing during the past month have been rich and I will share more in my blog on that too.

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If you have not seen it yet, **the replay for my October ENTRADA Masterclass is posted on YouTube**. The topic was [From Career Woe to WOW: Wellbeing as a Superpower](#). I was delighted to spread the Wellbeing Wisdom and share a wonderful conversation on that topic with two esteemed [Positive Psychology Coach peers and Positive Acorn alumni, Andrea Kopilak and Julie Cusmariu](#). Career wellbeing topics included emphasizing the importance of aligning your career with personal values, strengths, and passions. We also discussed how self-awareness, intentionality, and courage are elements of cultivating career wellbeing. I am excited to hear what may be evoked for you when you watch the replay! Here is the [ENTRADA Masterclass Worksheet for quick reference as well](#). Thank you to my engaged live audience to help add to my energy during the Masterclass and congratulations to Lisa who was there and won the FREE 60-minute coaching session with me.

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**The final ENTRADA Masterclass of 2024 will be on Tuesday, December 3 at 5pm PT.** We will be using a Zoom meeting format again this time too and look forward to seeing you there. Live participants will receive bonus gifts as well as a chance to win a FREE 60-minute coaching session with me, so make sure you sign up and mark your calendars. I will unveil [“The Secret XYZ Code for Career Clarity”](#). The sign-up page will be ready early next week. You can email me now to be notified too. I can’t wait to share what my clients have shown me to be their formula to Career Clarity and find out what it may inspire for your own Career Clarity Journey to Work Your Dream!

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**The Creative Art Crawl Season is over for 2024.** The kick-off for this year's events for The Newton Family was October with the [New West Cultural Crawl at the Anvil Centre in New Westminster](#). Then, in November, Paul was one of the 500+ artists who participated in the [Eastside Culture Crawl for their four-day event](#). A week prior to the East Van Crawl, was the [Annual Pre-Crawl Event at Eastside Atelier](#), where Paul's studio is located. It was a fun evening, and a great way to ease into the Crawl spirit before the exciting chaos of the main Crawl event. [So many rich and meaningful conversations were had throughout the studio](#). There is such a vibrant and passionate art community there. It was great to see friends and meet some of you! Thank you for being part of creative wellbeing in action and offering the generosity of your time to visit and support in this wonderful way.

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A warm welcome back to Daisy who is helping me once again. We have both grown a lot since working together almost two years ago. I am so grateful for her administrative and operational superpowers that keep me organized. What a gift that she is available to say yes to supporting me again in this way.

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Wrapping up this message, I am leaving you with **Three Wellbeing Wonderings** as an invitation to you to consider how wellbeing might be a resource for your life and career. These were from preparation I did for one of my [Positive Psychology classes in September](#) (more details will be in my wellbeing blog post I will share soon).

1. *What does Wellbeing mean to me?*
2. *What is my relationship with Wellbeing?*
3. *How do I experience Wellbeing?*

I look forward to hearing your experiences from the Three Wellbeing Wonderings. Feel free to email me to let me with your reflections!

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***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.*