



TL;DR – Your October 2025 ENTRADA Journey Newsletter

I'm writing from Australia with reflections on Thanksgiving and the daily practice of gratitude. This month:

A powerful moment under the **October full moon**

Welcoming back Yash to the team

Highlights from my first **SHIFT Happens** workshop and upcoming online dates

Early access to a new career diagnostic – feedback welcome

Details on my guest appearance at the **“Fall in Love with Fitness Summit”**

How to partner with me for your career or job search

Plus, receive the **Energy Zappers Playsheet** when you try the diagnostic.

I hope you enjoyed a wonderful Thanksgiving yesterday! My gratitude extends to my family, friends, and clients in Canada, and to you, wherever you are in the world.

I'm currently in Australia, where Thanksgiving isn't officially celebrated, but I was lucky enough to share a gratitude-filled lunch with my parents yesterday. We reminisced about celebrating in Canada with Paul and our friends, over a turkey dinner with all the trimmings. Adopting this intentional day of thanks is a tradition I've cherished since first experiencing it so many years ago in Vancouver that has now become my home.

Gratitude isn't limited to a single day for me. I weave it into each day through my well-being rituals of meditation, journalling, and Qigong. It's also a Positive Psychology intervention, meaning the benefits I experience from practising gratitude are supported by science. This satisfies my rational brain, while my lived experience of gratitude continues to grow throughout my life and career, and is integrated into my work with clients.

Last week, while on vacation with my family, I woke at 4am and experienced a magical and embodied moment of gratitude as I witnessed the full moon setting on October 6. [Watch here what I captured to share with you.](#)

At Life Career Studio, we acknowledge the Darkinjung (Darkinyung) People as the Traditional Custodians of the lands where we live and work. We pay our respects to Elders past and present, and to emerging leaders. We recognise the enduring cultural and spiritual connection to Country and honour the contributions of all First Nations peoples who now call this place home.



I wonder what *you* appreciate today, and how you experience gratitude in your life and career, whether on Thanksgiving or in your everyday moments. I would love to hear your reflections if you would like to send a message to share.

Thanksgiving and moments of connection with others, myself, and nature remind me that gratitude can be as simple as a pause, a breath, or a quiet “thank you” whispered to myself.

Welcome Back Yash

[A warm welcome back to Yash, who has returned to support me once again.](#) It’s hard to believe it’s been a year since we last worked together. We’ve both grown so much during that time. I’m incredibly grateful for her administrative and operational brilliance, which helps keep my business (and me!) flowing with clarity and ease. And I’m especially thankful that she said yes to supporting me again with her great initiative, wonderful creative energy and organizational talent.

SHIFT Happens September Workshop Update and October Online Events

As mentioned, I am in Australia and arrived here on September 12. The week before I left, I had the honour of facilitating my first [SHIFT Happens workshop](#) with four intrepid explorers. We met in person and together, we navigated the process of moving from feeling stuck to creating renewed career momentum.

Our guiding agenda was simple but powerful: Define, Discover, Do. I borrowed this framework from my [ENTRADA Program I use with clients](#). By the end of our time together, the consensus was clear: each of us experienced a shift. We found renewed momentum, motivation, and a sense of possibility.

It was a rich, co-created experience built on courage, vulnerability, and trust. If you missed out and need to create career momentum before the end of 2025, I will be offering my **SHIFT Happens workshop online** later this month **on Tuesday, October 28 and Wednesday, October 29, [so stay tuned for more information next week.](#)**

I am also excited to be a guest at the [“Fall in Love with Fitness Summit” with Ryan Omeasoo next week on Wednesday, October 22 Pacific Time.](#) I will be sharing more details soon.

Help Us Make This Better: Test Our New Diagnostic Tool

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A few months ago, I met [Kevin \(a talented system builder who helps coaches and consultants connect with the right leads and grow their activity\)](#) and he offered to help me develop a diagnostic to support more clients.

The diagnostic is designed to help uncover the blocks that drain your energy and focus, and offer insights to support you to move forward, on your terms.

Early access: we'd value your feedback before the full release.

We are not ready to launch it to "the world" yet but would like to hear what you think so far. What is especially helpful for me as feedback is to know if the questions and answers resonate for you. Please ignore the logo formatting and other aesthetics. It will also ask you for your email, but I will not add you to a list or sp@m you.

To thank you for your precious time, you will receive my **Energy Zappers Playsheet** for completing the quiz. [Click here for your early access!](#)

Let's Partner Together

You're not alone.

And you don't have to navigate your career exploration and transition alone.

If this newsletter sparked an idea or insight, I'd love to hear from you. You can connect with me on [LinkedIn](#) or subscribe to my [YouTube channel](#). If you'd like personal support with your career journey, and/or job search strategies, [book a complimentary, no-obligation Brief Consult today.](#)

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

A handwritten signature in blue ink, appearing to read "Rachel", with a long, sweeping underline.

If you know someone who may find value in this newsletter, I would deeply appreciate if you would forward it to them.

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