



Your ENTRADA Journey Newsletter for August 2025

August 10, 2025

TL;DR

My new in-person office.

Career Poll to Design a Career Momentum Workshop for You!

Gallup's State of the Global Workplace: 2025 Report.

Resources I use to support you.

From my journal.

Seeing Clients IN-PERSON again!!!

If you missed it, I sent a quick email in mid-July to let you know that I am thrilled to be meeting clients in-person again. My new office space is in a wonderful heritage building on Columbia Street in New Westminster. Most of my clients are still meeting online, but I enjoy having the option to offer both in-person and virtual again. To that end, I am planning in-person workshops again as it has been a while since my last one.

Choose Your Own Career Adventure Poll

I also sent out an email poll recently to help find out what you would find most helpful in my next workshop. There's still time to contribute. It closes Tuesday, August 12, so add your voice today. As a thank you, receive my updated Professional Alignment Algorithm Prompt Sheet. [Click here to find out more and take the poll!](#)

Gallup: Anemic Employee Engagement Points to Leadership Challenges

My deeper why for offering and facilitating workshops is to ignite career well-being, help tech professionals reconnect with their purpose, find meaningful careers, and equip them with the strategies to thrive, no matter how volatile the job market becomes. My mission is to shift disengagement into empowerment, one career at a time.

With nearly 70% of U.S. employees feeling disengaged and only 19% highly satisfied, workplace misery is at an all-time high. Poor communication, lack of career development, and weak recognition are leaving people unfulfilled and ready to walk away. I am guessing you are reading this newsletter because you know you don't need to accept the status quo. You are considering or ready to strategically manage your career and join the 19% of highly satisfied in their work. It could be as an employee, perhaps you are ready to explore your own venture, or even a hybrid approach?

[The full Gallup article is here to satisfy your curiosity.](#)

I acknowledge where I live, work, and play, is located on the unceded traditional territories of the Coast Salish Peoples of the QayQayt First Nations.



What Helps Me Help You

I'm committed to lifelong learning, staying current with research and developments in career coaching for both professional development and an ethical responsibility to my clients. I am sharing some resources that help me stay informed to serve you better.

What I'm Reading

[*Think Faster, Talk Smarter* by Matt Abrahams](#)

[*How to Write a Book: An 11-Step Process to Build Habits* by David Kadavy](#)

[*The Coaching Habit: Say Less, Ask More & Change the Way You Lead* by Michael Bungay Stanier](#)

[*Grit: The Power of Passion and Perseverance* by Angela Duckworth](#)

[*15 Minutes to a Better Interview* by Russell Tuckerton](#)

What Podcasts I'm Listening To

[*Take Control of Your Career*](#)

[*The Calm Creative Podcast*](#)

[*Think Fast Talk Smart: Communication Techniques*](#)

What I'm Writing

I journal almost every day, so here is something unedited from my journal:

This month's Gallup findings on disengagement had me reflecting on times when I was disengaged from my work during corporate years. I hear these themes echoed from my clients too.

Exploring a relationship between trust and confidence. When I'm in a place of self-trust, I have more confidence, not the forced and trying to control, "make something happen" kind, but the grounded, playful kind. It is a trust that allows me to believe in myself. When I was working with a manager who was micro-managing, giving personal, rather than constructive criticism and was gas-lighting me. It had me doubting my abilities, and that experience eroded my self-trust and confidence. I was miserable and disengaged, but still going through the motions at work. Looking back, I did not have healthy boundaries, and

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constantly felt the need to prove myself by working extra hours and allowing myself to be taken advantage of.

I'm remembering moments where, despite feeling overwhelmed and anxious because of the relationship I had with my manager, I found myself having fun with work peers and friends, even laughing in places I didn't expect to. Those connections with my co-workers reminded me that confidence grows from trust and from feeling part of a team. Ultimately, I was able to cultivate a sense of trust that I can work something out, no matter the outcome.

What about you? When in your career have you felt engaged in your work and had the quiet kind of confidence that comes from trust?

If you've been feeling disengaged and disconnected from that kind of confidence, candid and focused coaching conversations and strategies can help you find your way back to it, and I'd be glad to explore that with you.

Let's Partner Together

You're not alone.

And you don't have to navigate your career transition by yourself.

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 a career transition to find meaningful work, finding your next role after a layoff, 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 would find value in this newsletter, please forward it to them.

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