

The Center To Really Live Inc.



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New Beginnings

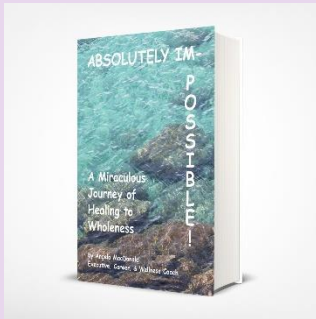
By Angela MacDonald

Welcome to my blog for coaching and development. I'm excited to relaunch my coaching practice and to pass on to you new or different ways of creating a life to really live!

A few years ago, I took a bit of a sabbatical from my business to return to school and finish a degree. Now that that's done, along with a few additional certifications, I can get back to what I'm passionate about and that is helping people like you to discover your awesomeness! And I have a whole bunch more tools to share with you that will support you in your transformation – both personally and professionally!

I invite you to check out my **12 Days of Coaching**, starting with Day 1 on the next page and take advantage of coaching for 2021. I look forward to connecting with you and coaching you along your journey both professionally and personally! It's time to step into your authentic self! What else is possible?

The Center To Really Live Inc.
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Book Coming in 2021!

Absolutely I'm-possible! How a Quadriplegic with Epilepsy Transformed into a Walking, Seizure-free Miracle!

My Teaching Memoir – a journey through miracles of healing, transformation, and learning to trust your intuition to really live a life you call your own!

Services

Get the results you want with Coaching and Workshops!

Coaching is an ongoing partnership between you and your coach. It is a process of inquiry and personal discovery that supports you in increasing your self-awareness, improving performance, and enhancing your quality of life. It focuses on you taking action to transform your vision, goals, and desires into reality.

Coaching

- Positive Psychology Health and Wellness Coaching
- Executive Coaching
- Career Coaching
- Group Coaching

Workshops

- Leadership Development
- Team Building
- Conflict Management
- Stress Management
- Health and Wellness

12 Days of Coaching

By Angela MacDonald



This year has been one heck of an adventure for all of us. Impacting our emotional, mental, and physical state of well-being. Experiencing forced change that makes it feel like we're out of control. But wait... there is the power of choice. We can choose how we manage what's going on externally by managing what's going on internally. That can start with focusing on your well-being.

1st Day of Coaching – Well-Being Satisfaction

Positive Psychology Coaching is the science of the good life, including emotional, physical, and spiritual well-being. And it entails the use of valuable tools.

As we near the end of this year, a crazy year, and an opportune time to revisit or create a new vision for this next emerging chapter of your life and the new year ahead. A well-being vision can begin with some self-reflection. It can also include identifying your values, evaluating areas of your life with the Wheel of Well-being, and creating new goals.

To start, on a scale of one to ten, rate these areas of your life: Emotional, Fun & Leisure, Home, Career, Financial, Health, Family, Community, Nutrition, Meaning & Purpose, Friends, and Significant Other. How smooth is this Wheel of Well-being rolling for you? Think about the success you would like to have in these areas. These ratings will support you in creating a life that is fulfilling and aligned with your vision of a balanced life. To learn more or to take the full Well-Being Satisfaction Scale and raise your target satisfaction level in each area, book your coaching session today - www.toreallylive.com - info@toreallylive.com – 416-816-3564