

# The Center To Really Live Inc.



**Angela MacDonald, BBA**  
Executive, Career, & Wellness Coach  
Learning and Development Consultant



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**10<sup>th</sup> Day of Coaching – Purpose-full Career.** Check out this small piece of coaching and gift yourself with 12 valuable sessions of coaching for 2021!

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## Career Direction

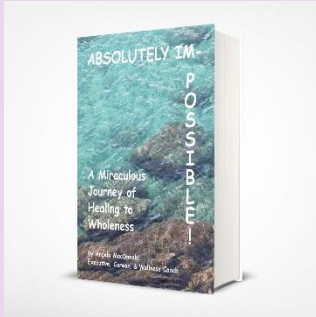
By Angela MacDonald

Welcome to my blog for coaching and development. Considering a career path is an essential decision in life as most people will spend the majority of their life working. So, if you have to work most of your life, it is of tremendous value to dig deep into your areas of interest and passion to discover your purpose and best line of work. Or you may be looking to change careers as that happens too.

How much passion do you feel about your role and the company you work for? To learn more on options for Career Coaching, doing what you love, and the use of assessments such as the MBTI or Strong Interest, let's connect.

Meanwhile, I invite you to check out my **10<sup>th</sup> Day of Coaching – Purpose-full Career** and gift yourself with some Career Coaching in 2021. I look forward to connecting and coaching you on your journey, both professionally and personally!

The Center To Really Live Inc.  
[www.toreallylive.com](http://www.toreallylive.com)  
[info@toreallylive.com](mailto:info@toreallylive.com)  
416-816-3564



## 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



## 10<sup>th</sup> Day of Coaching – Purpose-full Career

Our career journey is rarely a straight line. It can have some ups and downs, twists and turn, and ins and outs of different roles, different organizations, or even a change in line of work altogether based on internal and external changes and the stage you are at in life. Either way, it's a large part of our life and therefore important to dis-cover what you are passionate about and what comes easily for you.

Career coaching can be helpful at different stages of your career path and for different focuses. If you are in a career with the opportunity to develop further in areas outside of your current role such as the opportunity to advance into a leadership role, then working with a Career Coach can be helpful. Or you may be looking to make a career transition out of your current role and into something different. If your organization is downsizing, going through an acquisition, or transforming the way they do business and this has led to layoffs, then working with a Career Coach will get you going in the best direction. Learning and development within an organization can also be an opportunity to get some guidance from a Career Coach that will support you in performance and further development. Or if you are nearing the point of reignitement (not re-tire-ment), it's a chance to have a Career Coach assist you in dis-covering what lights you up, makes you feel energized, and on purpose at this stage of your life. A Career Coach will help you gain clarity, increase self-awareness, and support your success at any stage of your career. To learn more or to sign up for Career Coaching, book your session today: 416-816-3564 [www.toreallylive.com](http://www.toreallylive.com) - [info@toreallylive.com](mailto:info@toreallylive.com)