

# The Center To Really Live Inc.



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Executive, Career, & Wellness Coaching, Learning and Development Workshops, and my **New Book coming in 2021!**

## Upward Spiral of Positivity

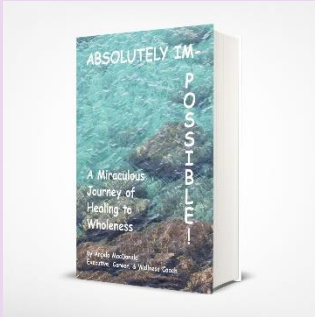
By Angela MacDonald

Welcome to my blog for coaching and development. When it comes to developing your managers, teams, and departments, what support are you providing in regards to performance management? There are lots of tools, styles of coaching, and assessments that are a great fit for providing supportive feedback including the use of a 360 assessment. It's worth learning how to use a 360 in an empowering way.

How are you providing feedback in regards to performance management that has a positive result? To learn more about using a 360 Assessment that results in a positive outcome and how to empower individuals and groups, let's connect.

Meanwhile, I invite you to check out my **11<sup>th</sup> Day of Coaching – Group Coaching** and gift your teams with Group Coaching in 2021. I look forward to connecting and coaching you on your journey, both professionally and personally!

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



## 11<sup>th</sup> Day of Coaching – Group Coaching

Coaching provides a multitude of options in regards to specific areas of focus and approaches including one-on-one coaching along with group coaching. Group Coaching provides a specific focus for building strong teams along with a more affordable option for a greater number of staff.

Building successful teams and departments within an organization requires ongoing support, directing, and development that is provided to the staff. What's important is to keep the learning active until it becomes a habit or way of life. It takes at least two months to create a new habit and that is based on practicing it for at least 60 days straight, each and everyday.

One way to build new insight, knowledge, skills, and habits within a team is with Group Coaching. Some benefits of Group Coaching include: building a deeper trust amongst peers, improving communication skills, raising the level of emotional intelligence, inspiring creativity, learning how to manage conflict, increasing innovation, and developing authentic leaders.

Group Coaching is also a great opportunity to implement the use of a 360 assessment with a positive outcome. It provides the opportunity to create a supportive, empowering, and motivating journey from the beginning to the end of the program.

To learn more or to sign up for Group Coaching, contact me today: 416-816-3564

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