

The Center To Really Live Inc.



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TAKE ADVANTAGE OF THE YEAR END DISCOUNT FOR 2021!

Contact me before **December 31, 2020** to find out more.

Services and Products

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

Character Strengths

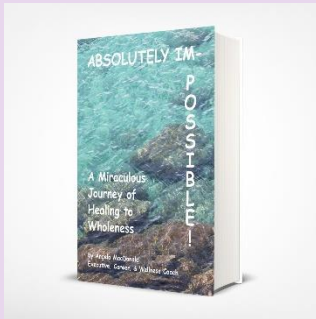
By Angela MacDonald

Welcome to my blog for coaching and development. We all have strengths within us that we use in our personal and professional lives. There is a power in identifying what those strengths are as it can awaken you to parts of your inner power that you may not consciously be aware of yet. There are 24-character strengths that relate to wisdom, courage, humanity, transcendence, justice, and moderation.

How much better can it get if you awakened to your own character strengths? To learn more about your character strengths, let's connect and explore the results of your VIA Character Strengths Assessment.

Meanwhile, I invite you to check out my last and **12th Day of Coaching – Grate-full-ness.** Get the gift of coaching for 2021 and own your authentic self. I look forward to connecting and coaching you on your journey, personally and professionally.

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



12th Day of Coaching – Grate-full-ness

There's an abundant amount of information and research available to us about gratitude and the power of appreciation. Research has proven that there is a direct link between gratitude and our mental and physical well-being. When we are in a state of appreciation this can support us with better sleep, healthy eating habits, and faster recovery. Gratitude can help heal, ignite the life in you, and create positive change. It has also been proven to decrease states of depression, hopelessness, suicide, anxiety, and fear.

As this year comes to an end, it has been filled with new challenges on a global scale that has impacted every individual on earth in some way. So, how do you find gratitude in such negative, trying times? Gratitude, like everything else in life, is a choice. We can choose to see any situation from the positive or negative. Even in the darkest of experiences, there is still something to be grateful for. And as you focus on what you are grateful for, this shifts how you see the rest of what is happening in your life and influences the choices you make.

Gratitude is not limited to where it can be applied either. How are you implementing gratitude into your life? What would be the benefits of applying gratitude in both your personal and professional environments. Benefits of applying it to the workplace is improved performance and happier staff. If you would like to learn more about the value of gratitude, how it aligns with your character strengths, and how to make it a lifestyle, contact me today: 416-816-3564 www.toreallylive.com - info@toreallylive.com