

The Center To Really Live Inc.



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Services and Products

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

Positive Psychology Health and Wellness Coaching

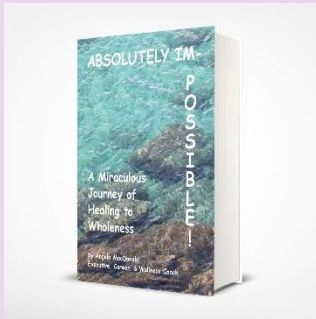
By Angela MacDonald

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Welcome to my blog for coaching and development. Well-being is an ongoing constant journey that we must remain aware to as changes are constant in regards to our physical, mental, emotional, and spiritual well-being.

Well-being coaching applies the use of positive psychology and helping you achieve the highest level of satisfaction in multiple areas of your life. It supports you in dis-covering your strengths and by applying those strengths you experience more happiness, satisfaction, and alignment to your life purpose. To learn more let's connect.

I invite you to check out my **2nd Day of Coaching - Physical Well-being** and gift yourself with the opportunity for your own coaching in 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!



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

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2nd Day of Coaching – Physical Well-Being

Physical well-being includes a multitude of different areas to address in order to create balance and have a smooth ride in life.

One way to identify how balanced your life is in regards to your physical well-being in different areas. Give yourself a rating on a scale of one to ten in each of these areas (one being low, ten being high): Healthy Eating, Exercise, Physical Wellness/ Managing an Illness/Ailment, Flexibility, Endurance, Sleep, Stress Management, Time Management, Strength, and Weight. If you were to see this as a wheel you are riding your life on, how smooth is the ride based on the combined ratings. Maybe pretty bumpy, right?

Wellness Coaching includes an opportunity to address each area using different assessments including, but not limited to, Health Risk Assessment, Fitness Questionnaire, and Ideal Self Identifier.

The benefits of enhancing your physical well-being through Wellness Coaching includes: preventing physical and psychological ailments; increase positive emotions; raised self-esteem and self-confidence; improved energy, memory, creativity, and critical thinking; become more centered and calm; enhanced resilience, emotional stability, and success, especially during stressful times or traumatic experiences. Let's identify your goal for physical well-being, desire to change, ways to bust down obstacles, and action steps to achieve your goals.

Book your session today: 416-816-3564
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