

# 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!**

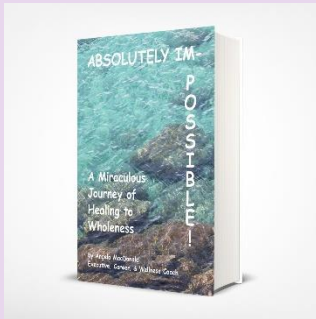
## Health and Wellness Coaching

By Angela MacDonald

Welcome to my blog for coaching and development. As a Wellness Coach, I work with individuals and groups with a client-centered focus to identify internal strengths and external resources. I support you in setting and achieving health goals and changes in behaviours based on your areas of focus. Through the use of a multitude of psychometric assessments, I provide the opportunity for you to awaken to a new level of self-awareness and provide an experience of increased self-awareness and self-empowerment, resulting in achieving new dreams and goals.

I invite you to check out my **3<sup>rd</sup> Day of Coaching – Emotional Well-being** and take advantage of 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!

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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



## 3rd Day of Coaching – Emotional Well-Being

Emotional Well-Being is just as important as our physical well-being and the two are interconnected. Emotions are energy in motion, constantly changing, and continuously traveling through our physical body, producing different sensations and chemical releases.

Your state of wellbeing is directly linked to positive or negative emotions, thoughts, and beliefs. With positive thoughts and beliefs, we feel positive emotions, which leads to an upward spiral of positivity.

Just as we can spiral downward into negativity, a dark night of the soul, feeling overwhelmed with what may seem impossible, we also have the choice to spiral upwards by engaging in positivity, faith, hope, and optimism. This upward spiral to positivity includes two layers, the inner layer which entails the positive affect during healthy behaviours, non-conscious motives for healthy behaviours, and engagement in healthy behaviours. The outer layer is the biological and psychological resources that are built to support the inner layers and upward spiral experience by leveraging to gain strength.

If you desire the option to experience the upward spiral into positivity and examine the state of where you are, where you want to be, and how to get there with the Personalized Well-being and Health Plan assessment, reach out to book your coaching today.

Book your session today: 416-816-3564

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