

The Center To Really Live Inc.



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



IN THIS ISSUE

Well-being Vision

12 Days of Coaching

4th Day of Coaching - Mental Well-being. Check out this small piece of coaching and gift yourself with 12 valuable sessions of coaching for 2021!

Services and Products

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

Well-being Vision

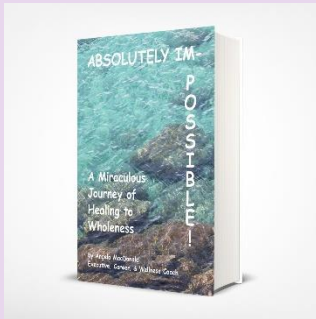
By Angela MacDonald

Welcome to my blog for coaching and development. Creating a vision for your life requires aligning with your higher self and soul purpose. A starting point to gain clarity on your vision is to do some self-reflection. Look at your life as a book unfolding in chapters. Each decade of your life is a chapter and may require some modifications to be done to your vision as you grow through the stages of life.

Your vision will fuel you to continue to have peak performances, personally and professionally. Let's clarify your vision and bring it to life.

I invite you to check out my **4th Day of Coaching – Mental 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!

The Center To Really Live Inc.
www.toreallylive.com
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



4th Day of Coaching – Mental Well-Being

Mental Well-Being is also important as it interconnects with our physical and emotional well-being. Our mental state is influenced by thoughts and beliefs and whether we let the chattering monkeys take us off on a tangent of negativity or our higher self to lead the way to living on purpose.

One way to manage your mental well-being is through appreciative inquiry. This is the art of examining what has gone well and what's working in your life. It entails creating a well-being vision statement for yourself.

The appreciative inquiry model includes discovering when you are at your best by recalling a peak experience in your life. You tap into dreams and imagine possibilities of what might be. Then you design steps that will support you in transforming this dream into reality. And finally, you choose your destiny by determining an action plan that will get you to the end result of reality by achieving your goals.

There is a key connection between your best experiences in the past when you were at your highest peak and how you can use that to support your mental well-being. It allows you to identify your strengths, create a well-being vision statement, and continue to draw on that peak experience for present and future experiences. Book now to create your appreciative well-being vision today.

Book your session today: 416-816-3564
www.toreallylive.com - info@toreallylive.com