

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!**

Self-Dis-Covery

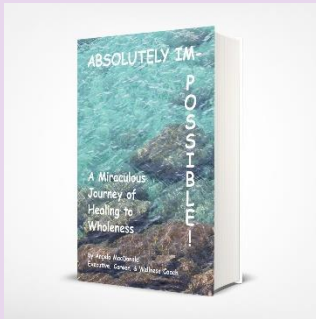
By Angela MacDonald

Welcome to my blog for coaching and development. Self-discovery is about getting rid of the covers you have held over your authentic state of being for a long time. It is time to awaken to your higher self-awareness.

One tool to do this with is the use of psychometric assessments. I see, time and time again, the aha moments that my clients have and how it awakens them to their own authentic power within. This experience is empowering and benefits both personal and professional areas of your life. To learn more or do an assessment, reach out and let's connect.

Meanwhile, I invite you to check out my **5th Day of Coaching – Spiritual 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!

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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



5th Day of Coaching – Spiritual Well-Being

Spiritual Well-Being is also important as it interconnects with our physical, emotional, and mental well-being. Our spiritual state is influenced by our higher self and trusting our intuition. With the state of the world and the impact it is having on the mental, emotional, and physical well-being of us all, it is also creating a spiritual crisis. The psychological impact of the pandemic and changes in choices can drive one into a dark night of the soul.

Due to the loss of your job, forced to make changes in your home, or having to adjust the way you function day-to-day, you may feel like you have lost meaning and purpose in life, a sense of lost identity, and a calling deep down inside for a true part of you that is longing to be awakened and set free.

The key is to understand what is causing this spiritual crisis in your soul. When you dig deep and embrace the truth, you will no longer put the blame on external circumstances or people. You will differentiate between internal and external challenges by removing mental and emotional blocks. This journey through the dark night of the soul can impact you on all levels – mentally, emotionally, physically and spiritually – making you face your own demons, break through fears and negative beliefs, and possibly experience an illness that is the catalyst for spiritual awakening. It's time to embrace the power of your spirit and awaken to your life purpose. With a little help from a wellness coach, you will get there!

Book your session today: 416-816-3564

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