

# The Center To Really Live Inc.



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



## IN THIS ISSUE

Workplace Wellness

### 12 Days of Coaching

**6<sup>th</sup> Day of Coaching – Time to De-stress.** 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!**

## Workplace Wellness

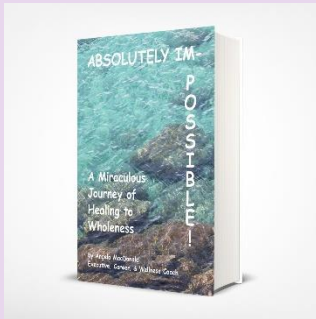
By Angela MacDonald

Welcome to my blog for coaching and development. Common job stressors at any position level include working longer and harder, information overload, fear of losing your job, unclear or unrealistic expectations, constant change, or feeling out of control. Especially now with a pandemic occurring and impacting every business in some way, the importance of workplace wellness has increased tenfold.

How is your organization implementing workplace wellness workshops/programs for staff, resulting in improved performance? To learn more on options, let's connect.

Meanwhile, I invite you to check out my **6<sup>th</sup> Day of Coaching – Time to De-stress** 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](http://www.toreallylive.com)  
[info@toreallylive.com](mailto: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



## 6<sup>th</sup> Day of Coaching – Time to De-stress

As I have addressed the areas of our physical, emotional, mental, and spiritual well-being for the past four days, they each directly link to stress. That which has skyrocketed for many with what's going on in the world today. Stress can help us develop skills to manage challenges; however, if it goes on for a long period of time, is overwhelming, or leads to feeling out of control, burnout, anxious, and on a downward spiral, then it's time to find ways to de-stress and get on an upward spiral of possibilities. Coaching is an option to make that happen.

How can you de-stress your mind, body, heart, and soul, both at work and at home? This entails a matter of finding the best way that works for you. Some suggestions include meditation, deep breathing exercises, guided imagery, mindfulness, yoga, exercise, progressive relaxation, unplugging, and increasing your resilience. And one of the important ones is time off. Studies have proven that employees perform better after taking vacation. If you do not find ways to manage your stress, that can be a greater risk factor than doing the alternative.

The options for de-stressing can require some assistance of a coach. The desired end result is to reverse that feeling and direction of a downward spiral to an upward spiral of lifestyle change which is rooted in neuroscience. This coaching technique will expand your awareness, allow you to dis-cover more possibilities, change your emotional energy, and make lasting positive changes. Book your session today: 416-816-3564 [www.toreallylive.com](http://www.toreallylive.com) - [info@toreallylive.com](mailto:info@toreallylive.com)