

The Center To Really Live Inc.



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IN THIS ISSUE

Workplace Wellness

12 Days of Coaching

7th Day of Coaching – Managing Conflict. 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

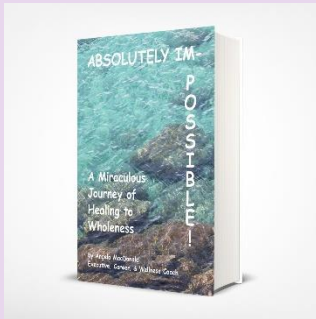
By Angela MacDonald

Welcome to my blog for coaching and development. Managing differences in the workplace is a common occurrence and important to be mindful of the best approach. A worthy investment is the use of psychometric assessments such as the Thomas-Kilmann Conflict Mode (Management-of-Differences Exercise), also known as the TKI, to raise self-awareness in order to constructively deal with workplace conflict and function successfully as a team.

How is your organization managing conflict that impacts performance? To learn more on options, let's connect.

Meanwhile, I invite you to check out my **7th Day of Coaching – Managing Conflict** 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.
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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



7th Day of Coaching – Managing Conflict

The topic yesterday was on stress which can reach a climax point that puts you over the edge and this may be communicated through moodiness, avoidance, aggression, and more easily create stress in your lines of communication. When this happens, an increase in conflict can occur in the workplace.

In organizations, one of the key triggers of conflict is having to managing crisis which we are in the midst of with this pandemic. It's also one of the greatest concerns for executives, CEO's, and management. As staff at all levels are feeling the overwhelm and stress of the forced changes that are occurring across the board of industries, and whether that's positive or negative change, conflict is occurring or may occur.

Whether you have conflict that is taking place now due to the pandemic or other issues, or if your organization is being proactive to prevent conflict amongst staff, the Thomas-Kilmann Conflict Mode Instrument is a great assessment for conflict management. It looks at five styles of conflict including competing, collaborating, compromising, avoiding, and accommodating. You will learn what your own preferred style is and how to use the other styles when necessary. It's a great tool for individual performance along with building successful teams.

This tool can be used in one-on-one coaching or provided in half-day or full-day workshops. Let's connect and explore the best options for your organization, teams, or departments to manage conflict. Book your session today: 416-816-3564
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