

# The Center To Really Live Inc.



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



## IN THIS ISSUE

Team Dynamics

### 12 Days of Coaching

#### **8<sup>th</sup> Day of Coaching – Give Your Team a Raise in Awareness.**

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!**

## Team Dynamics

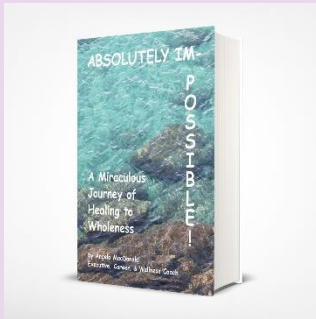
By Angela MacDonald

Welcome to my blog for coaching and development. Team dynamics can include communication, culture, leadership, managing change, conflict resolution, and stress management which are key to a desired outcome. The first step is understanding how you function within a team and in turn how your team functions based on different personalities.

How is your organization managing to build successful teams, identifying team dynamics, and achieving desired outcome? To learn more on options for team dynamics, let's connect.

Meanwhile, I invite you to check out my **8<sup>th</sup> Day of Coaching – Give Your Team a Raise in Awareness** and gift your team with the opportunity of group coaching in 2021. I look forward to connecting and coaching your team along their 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



### **8<sup>th</sup> Day of Coaching – Give Your Team a Raise in Awareness**

Many workplaces are counting on their teams and departments even more so with today's challenges and forced changes. It's enforcing a new found trust and faith in the unknown and unseen, as teams are working remotely in some industries, whereas others are in the mesh of it all, with no option to work remotely. When trust in your staff is high it results in less stress, higher energy, increased productivity, less sick days, stronger engagement, and less burnout.

Uplifting your team is about getting them on the upward spiral to a higher level of emotional intelligence and collaborating together for successful results. This requires raising their self-awareness; having them become aware of similarities and differences; acknowledging and drawing on strengths of team members; practicing new behaviours; building relationships, and incorporating different approaches based on each team members preferences. Identifying each person's personality can be done with the use of psychometric assessments and a team building workshop. The Myers-Briggs Type Indicator (MBTI) is one assessment that will provide valuable insight to individuals and make predictions regarding team effectiveness. Combining the MBTI with the TKI will give your team a boost of insight that results in improved performance and successful end results. If you are looking to give your team a raise in awareness resulting in a greater ROE, let's connect and explore the workshop and coaching options.

Book your session today: 416-816-3564  
[www.toreallylive.com](http://www.toreallylive.com) - [info@toreallylive.com](mailto:info@toreallylive.com)