

The Center To Really Live Inc.



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Who's Leading Who?

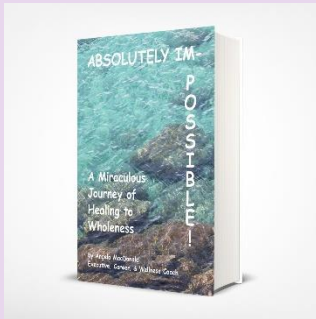
By Angela MacDonald

Welcome to my blog for coaching and development. Leadership is getting the spotlight more often in these changing times and with this pandemic in the forefront it can make you wonder "who's leading who?" Are you letting the external chaos lead you or are you owning your strengths as a leader and leading your organization in transparent ways, resulting in the outcome you are aiming to achieve?

How is your organization managing to build authentic leaders who will achieve their goals? To learn more on options for Executive Coaching, and the use of assessments such as the FIRO-B, MBTI or TKI, let's connect.

Meanwhile, I invite you to check out my **9th Day of Coaching – Authentic Leadership** and gift your leaders with Executive Coaching in 2021. I look forward to connecting and coaching you on your journey, both professionally and personally!

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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



9th Day of Coaching – Authentic Leadership

Teams demonstrate an outcome that is directly influenced by the leader; therefore, how the leader leads is key to a team successfully collaborating and achieving their goals. To be an authentic leader requires courage, compassion, resilience, a willingness to own your truth, and be raw. An authentic leader has faith in their intuition, are able to function from the unknown, and at the same time hold the greater vision for the organization in sight in order to strive towards achieving the goals.

So, how do you strive towards becoming or discover ways to continue to evolve as an authentic leader? That's where Executive Coaching can be a valuable investment in yourself as a leader that will support you to reach a point of mastery as an authentic leader and continue to evolve beyond that.

Studies have proven that executive coaching really does work. It is a supportive method for developing leaders in areas including but not limited to: relationships, managing people, goal setting, engagement, productivity, communication, problem solving, conflict management, and innovation. It enhances your self-awareness and improves your leadership effectiveness. You will also experience an increase in knowledge, skills, and abilities that can be applied immediately in your role as a leader. Working with an Executive Coach will help you adjust your perspectives, make positive changes in behaviour, and improve performance and end results. To learn more or to sign up for some Executive Coaching, book your session today: 416-816-3564
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