



The Center To Really Live Inc.

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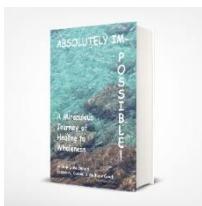
To Really Live Blog – By Angela MacDonald

Hindsight is 20/20

Happy New Year! After a year full of unforeseen forced change, unexpected health concerns for many, prevention steps taken by the vast majority, the psychological impact on a greater number of people, and creating new ways to manage work and home life, we have an opportunity to choose how to live life in a way that is empowering, uplifting, and innovative. Here's a chance to create your own 20/20 vision for moving forward in life and seeing what you desire transform into reality based on taking action with your dreams and goals. What are your goals for 2021? What will you do differently this year that will support you in achieving your goals? How will you manage any challenges that may get in your way of achieving your goals? What timeline are you setting for each goal? Who will support you in striving for excellence and making those dreams and goals come true?

“Unleash the power within and you will fulfill your destiny.”

Angela MacDonald



Book Coming in 2021!

Absolutely I'm-possible!

Life Lessons to Learn from a Quadriplegic with Epilepsy Who Transformed into a Walking, Seizure-free Miracle...and MORE!

A Teaching Memoir – Being told she can't to proving she will! This book will take you on a miraculous journey of healing to wholeness, transforming the *Impossible to I'm-possible* by trusting your intuition to really live a life you call your own!
By Angela MacDonald

These are key questions to start with in coaching. This is the time of year when people create new years resolutions that last about 30 days and then the common theme occurs of falling into old patterns again. What if 2021 is the year to do a reset and recreate in key areas of your life that will have long-term effects? How you go about setting yourself up for success is key to the desired outcome. Enough with the new year's resolutions that don't work, it's time for a lifestyle change with long-term benefits.

We can look back on 2020 with hindsight and identify what we have learned, how we can do things differently, and what changes to make this year that are more aligned with a higher purpose and values. This includes setting both outcome and performance goals. It requires focusing on a sense of purpose and managing distractions that may cause derailment, including negative emotions, negative thoughts, unpleasant physical sensations or pain, and competing thoughts. Implementing active relaxation techniques that will release stress and create new energy from the inside out. And creating balance in life including time for solitude to re-energize and re-center yourself.

The lifestyle change is about self-mastery which will have a ripple effect in your life, both professionally and personally. If you are a leader in your profession or are striving to become a leader, it's important to develop specific characteristics that are a high level of emotional intelligence including being empathetic, having high assertiveness combined with high level of happiness, and emotional self-awareness.

Lifestyle change requires raising your level of emotional self-awareness, improving interpersonal relationships, implementing mindfulness, accessing self-actualization, using multi-rater feedback, doing the PRC – pause, reflect, choose, and creating an action plan. Let's get you into action.

Hindsight is 20/20 – it's time to look ahead with clear vision based on what you learned from 2020 and create a life you truly love, inside and out.

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



Coaching Packages

Based on studies about coaching, it has been confirmed that goal achievement increases significantly when working with a coach versus not as per the graph to the left (College of Executive Coaching). What will it take for you to gift yourself with this opportunity to be coached and grow leaps and bounds further than you would without a coach?

Options available for coaching include packages of three-, six-, or twelve-month partnership with a specific focus in Positive Psychology Health and Wellness, Executive, or Career Coaching. The power of coaching often has a way of overlapping each of these areas over time.

Group Coaching is an option for a shared experience and structured focus that will guide you through a journey of empowerment over a period of six or twelve months. For more information or to book your package for coaching contact me, Angela, at info@toreallylive.com.

Workshops

Workshops for professional/personal development include the use of psychometric assessments, competencies, coaching, a multitude of development tools and exercises, and experiential learning. Areas of focus include leadership development, team building, conflict management, stress management, and health and wellness in the workplace. The options include half- or full-day workshops.

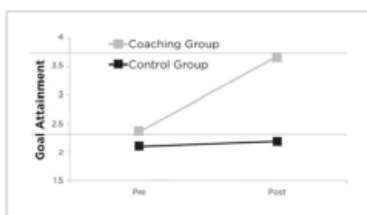
If you and your organization are interested in learning more about the options, are looking for a customized workshop that fits your needs and goals, would like to use psychometric assessments for more in-depth learning and development, or are interested in booking a workshop with focus on one of those areas for development contact me, Angela, at info@toreallylive.com.

Contact information

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Let's connect and dis-cover what else is possible!

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GOAL ATTAINMENT, PRE AND POST



New Year= New You!

*Coaching is an ongoing partnership between coach and client that focuses on the client taking action to transform their vision, goals, and desires into reality. Book your coaching package today and get a **free session** plus package discount (limited) for the month of January.*

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