



The Center To Really Live Inc.

February | 2021 | Issue 14



Angela MacDonald, BBA

Executive, Career, & Wellness Coach
Learning & Development Consultant

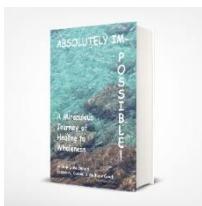
To Really Live Blog – By Angela MacDonald

Self-Care with Energetic First Aid

We are in times of great challenge and great opportunity. It is unique for each individual and their own state of mind with this pandemic going on and how they are managing day-to-day. One thing that seems to be sky rocketing is the impact on us from a mental perspective and the negative thoughts, beliefs, and energies that are in the forefront due to the pandemic. We have had so much deprived from our souls that it is creating a negative mental and emotional roller coaster for many. So, what do we do to find peace, positivity, and possibilities in times like this? Self-care, reducing fear, tapping into your positive energy, and providing yourself with love can be key. With the emphasis on us needing to protect ourselves physically by keeping our distances and staying home, what about the importance of protecting ourselves energetically from the external inducement that is occurring?

“Gratitude fuels positive transformation.”

Angela MacDonald



Book Coming in 2021!

Absolutely I'm-possible!

A Miraculous Journey of
Healing to Wholeness

A Teaching Memoir – Being told she can't to proving she will! Life lessons to learn from a quadriplegic with epilepsy who transformed into a walking, seizure-free miracle! This book will take you on a journey of healing to wholeness, transforming the *Impossible to I'm-possible* to really live a life you call your own! By Angela MacDonald

To protect your energy and how you feel, it is essential to look fear (or any other negative emotions) in the face, stand in your power and state, “You are not going to rule me! I have more power than you. You do not serve me in positive ways. Get out of the forefront of my life. I reclaim my power and purpose!” Create a statement that allows you to take that power back and repeat it numerous times to yourself and to the fears or negativity that you may feel surrounds you.

As a powerful individual, it is essential you find your own power within and raise your awareness of the energy fields that you are surrounded by. Transformation starts with you. You don't have to take on other negative energies and feel powerless. You can combat the negative energies and emotions with increased awareness, self-love, and mini exercises throughout your day.

Make a conscious choice to take multiple breaks from worry, negativity, and fear so you can refuel yourself with positivity. It's an opportunity to induce energetic first aid to your soul that can reduce stress and lead you in the direction of the upward spiral of positivity.

This can be done with mini-meditations throughout the day. Just set aside a few minutes as often as you can and envision this as a stress-free moment. Quiet your mind through conscious breathing, as you slowly inhale and exhale as deep as possible. Your breathing will center you. Place one hand on your heart and one on your solar plexus or sacral chakra. To activate positive energy, focus on a previous peak experience in your life or whatever makes you feel loved, safe, and uplifted. As you recall the peak experience and positive energies, relish in this visual and sensational moment. Visualize the powerful energy you felt at that time and bring that to the forefront of this current time, allowing it to raise you above that which does not empower you.

This short meditation can result in raised awareness, feeling more uplifted and hopeful, and the ability to project and attract more positivity.

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



Wellness Coaching

Health and wellness coaching is a powerful opportunity to get yourself on track and stay on track with your overall wellbeing. If you are longing for improved health, then let's connect. We'll examine the wheel of well-being and the well-being satisfaction scale to start and identify self-management strategies to support you in achieving your health and wellness goals.

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

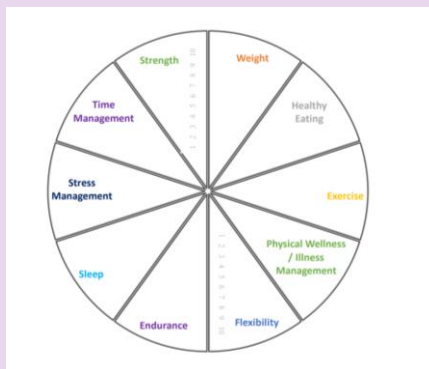
Workshops for professional/personal development include the use of psychometric assessments, competencies, coaching, a multitude of development tools and exercises, and experiential learning. Areas of focus include leadership development, team building, conflict management, stress management, and health 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

Angela MacDonald – BBA, Executive, Career, & Wellness Coach, Learning & Development Consultant: 416-816-3564, angela@toreallylive.com
Let's connect and dis-cover what else is possible!

[UNSUBSCRIBE](#) | [GIVE FEEDBACK](#) | [CONTACT](#)



Energetic First Aid

*Awaken your own healing
power.*

*Implement exercise to your
routine.*

Meditate daily.

Use positive affirmations.

Do what you love.

Reach out to those you love.

*Find the gifts in the
challenges.*

Be grateful.

The Center To Really Live Inc.

Mississauga, ON, Canada
416-816-3564

info@toreallylive.com

www.toreallylive.com

