



# The Center To Really Live Inc.

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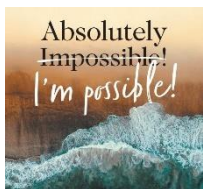
**Angela MacDonald**, BBA-HRM  
Executive, Career, & Wellness Coach  
Learning & Development Consultant

## To Really Live Blog – By Angela MacDonald

### Spring into Action

Spring has sprung and new life is growing right in front of us. Nature is a great mentor for growth and prospering. It is at this time of year when life is being recreated in the nature world. I have seen much of that on a daily basis while on my walks with my dog and the encounters we have with wildlife including foxes, deer, rabbits, fish, and more. What are you doing to support your own growth and transformation? There's no better time than now to recreate you from the inside out. It's a great opportunity to assess different areas of your life and zero in on specific goals that you would like to achieve—both personally and professionally. No matter the circumstances, the goal you set your mind on and give focus to, can and will come true. From a professional perspective, these challenging times can have the power to put a psychological weight on us—impacting us mentally and emotionally—no matter what your role and responsibilities are in your work and personal life.

*“Crisis creates breakthroughs. Let go of what was or what is and create a new path.”*  
Angela MacDonald



### Book Coming in 2021!

#### Absolutely I'm-possible!

Lessons learned from defying the odds.

A Teaching Memoir – Being told she couldn't to proving she could! 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

I had the pleasure of providing key tools and inspiration to a group of leaders where I facilitated two virtual workshops to support them with team building and leadership development. The first day was focused on the Myers Briggs Type Indicator (MBTI) Personal Impact Report and team dynamics related to the preferences. The second day was focused on the Thomas-Kilmann Conflict Mode Instrument (TKI) and conflict styles within the team.

There is a power to being proactive with new or existing teams and providing the opportunity for team members to learn about them selves, learn about their colleagues, and in turn how that plays out within the team. As we raise our self-awareness, we raise our abilities to succeed, both personally and professionally. Don't wait until there is conflict or team issues. Tap into the resources available that will support you in building a strong team with amazing dynamics that impact their performance and results in positive ways. Check out the testimonials from this recent workshop I facilitated:

*“Angela was a fantastic facilitator. This training workshop helped me understand my personality both at work and in my personal life. It allowed me to see how people can perceive me, my strengths are and helps me identify my blind spots. As a team, we can better understand each other, which will allow us to work more effectively as a team. Resulting in increased productivity and more robust launch plans.”* Monica - Sephora

*“The workshop was a wonderful team experience. It was great to get to know each other on a more personal level and seeing how we can work better together. Angela was a great instructor and really helped us navigate through questions and emotions.”* Lisamarie – Sephora

The key is finding tools and inspiration that will support you to succeed no matter the circumstances at work and home. Book your workshop today for empowerment and team building!

## 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

## Intriguing Encounters



## Book Update

Along with the workshops, I am also continuing to push forward with my book. I just finished reviewing and confirming the final manuscript which is very exciting and affirming that this goal is transforming into reality—one step at a time. The next stage is designing the inside layout for the book and finalize the cover design. This is an exciting next stage as the core of the writing for the book is complete. Here's a blurb from the book:

*As you will see, Angela had more than her fair share of major obstacles, challenges, and adventures. It all began with one night, one choice, and one place where Angela's life changed forever—mentally, emotionally, spiritually, and most of all . . . physically.*

*She dove into unknown, shallow waters, hit rock bottom, and was instantly paralyzed. Already living with epilepsy, having low self-esteem, and suicidal thoughts, she was hit with yet another life altering diagnosis—now she was a quadriplegic. This was her first point of passage when she had the choice to live or die.*

*Being advised to prepare to live the rest of her life as a quadriplegic, Angela proved, with unstoppable determination, how to defy the odds and transform the impossible to "I'M POSSIBLE!" The diving accident was the beginning of Angela's miraculous journey of healing to wholeness and set the foundation for the rest of her life.*

*Now it's YOUR time to own YOUR power, learn how to defy the odds, and turn the impossible into I'm possible, to really live a life you call your own!*

Stay tuned for updates on the book. Place your pre-order today!

## Contact information

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

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## Living on Purpose

*"Transforming from a state of feeling suicidal to a state of living purposefully is possible."*

*Angela MacDonald*

**The Center To Really Live Inc.**

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