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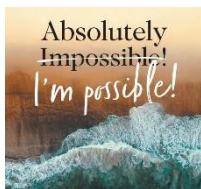
To Really Live Blog – By Angela MacDonald

Emotional Intelligence – Raise the Bar of Awareness

Exploring, implementing, and using competencies is a valuable tool for corporations to support their strategic plan, corporate goals, and employee performance. One of the ways to do this is exploring emotional intelligence (EI) with the use of an EQ-i assessment. If you can build effective emotional and social communication within your organization, then you are on the path of greater success. Executives, directors, and managers with a high level of EI are far more successful than those who lack that awareness. This has a direct impact on the well-being of employees and their ability to manage challenges, communicate effectively, make the best decisions, raise their self-awareness, and succeed in their roles. A high level of EI supports success by being honest, disciplined, having the ability to get along with others, and willing to work harder than most people. Taking the EQ-i 2.0 assessment will take you to a whole new level of awareness and success.

“Your imagination creates your reality. Imagine what else is possible.”

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

June was a busy month for me including facilitating workshops, completing a new certification in the EQ-i 2.0 and EQ 360, taking on a new opportunity, and continuing to work on my book. The EQ-i 2.0 certification was another goal I had set and now achieved (the power of goal setting). I would say it's probably the most valuable assessment I have come across so far and been trained in. Anyone can increase their level of emotional intelligence and/or improve it based on your scores in each of the competencies. That's the great thing about EI, it's transformational.

I had another opportunity to provide a workshop with a team of managers at Sephora using the MBTI and TKI. As they have more of their teams experience these tools and self-discovery it creates a ripple effect within the organization and a common language. Here's a testimonial from the most recent workshop I facilitated:

“Angela was a wonderful facilitator who brought out in-depth conversation amongst our team. Her positive demeanor and clear guidance allowed for open dialogue and team contribution. I left the session feeling more connected with my team and eager to discuss the areas in which we will put forward to be more effective as a team. You will leave the session with your personalized report, a solid understanding of your strengths and challenge areas. You will also have a deep understanding of what motivates and demotivates your team and how you can work together to overcome those areas”. - Laura

Tap into the resources available, including psychometric assessments like the EQ-i 2.0, MBTI, TKI, and Strong Interest to support you in building a strong team with amazing dynamics that impact performance and results.

If your organization is thinking outside the box, searching for a new and innovative way to build a strong team, then let's connect and explore the best workshop for empowering and building a strong team!

Coaching

Positive Psychology Health
and Wellness Coaching

Executive Coaching

Career Coaching

Group Coaching



Workshops

Leadership Development

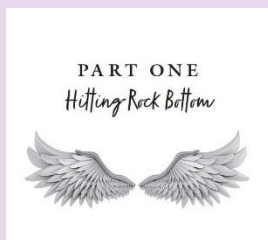
Team Building

Conflict Management

Stress Management

Health and Wellness

Sneak Peak at the Interior Design



Living an Extraordinary Life!

"When you increase your level of emotional intelligence, raise your standards, and own your inner and outer powers, you will defy the odds and live an extraordinary life."

Angela MacDonald

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Book Update

Each and every day is one step closer to achieving my goal and making a dream come true, which is changing lives with the creation of my book, *Absolutely I'm possible! Lessons Learned from Defying the Odds!* I'm getting more excited as time goes on. The interior design of the book is now being created along with final changes to the cover. And I now have a copy of the Advanced Reader Copy (Uncorrected Proof) in my hands!

As I share this journey with you, maybe you are wondering what's going to be in this book that will benefit you. My goal and intent are to provide hope and inspiration through my own experiences. My book is a teaching memoir that you can grow and transform from as I share reflections on my own life experiences, what I learned, and the purpose for them. It includes chapters for you to relate your experiences, identify lessons and learn from. Plus, teaching and exercises, self-directed coaching questions, and words of wisdom for you to apply to your own life.

Here's a blurb: *This journey includes insightful, and hopefully inspiring steps for you to apply to your life that will open new doors for you to experience a soulful transformation and help you to create a life of your own to really live. I hope you discover within yourself new possibilities, courage, and strength that will awaken you to the magic and the miracles that surround you. May you be inspired to discover the warrior within and your own true self, find your own power to heal, and live an authentic life with no regrets.*

I thought I would also share that working with the publisher, FriesenPress, has been a great journey up to now. It is well organized, detailed, in-depth, and includes working with my own team including a publishing specialist, editors, a designer, and a book promotion specialist to create my book into reality. I highly recommend them for those of you thinking about writing and publishing your own book. For a discount, here's a referral code: FPA44186RP. Check them out.

Contact information

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Let's connect and discover what else is possible!

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