



# The Center To Really Live Inc.

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

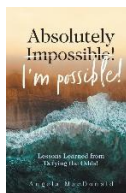
## To Really Live Blog – By Angela MacDonald

### Surprise Opportunities & Things Worth Considering

Opportunities can present themselves when we least expect it. It's when we are working on a plan, moving forward, and an opportunity pops up that can be a pleasant surprise and come out of what seems like nowhere, but it's really the Divine directing your soul on the path you are meant to follow. This summer has been busy for me, including the opportunity to add more certifications to my tool box that I can use to coach clients, apply to workshops, and support others in their work and life experiences. The focus was the importance of building trust (and how quickly it can be broken down) along with having fundamental conversations within the workplace. These are two essential skills to have along with creating a work environment that is safe, trustworthy, open, and allows others to be their true self. It takes focus and intent to create a workplace that allows employees to be themselves, where managers trust employees to get the work

*“Focusing on what’s positive will create more positivity.”*

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

done, and employees are motivated when management draws out their strengths and abilities to be successful in their role. Much of which is based on two key books - *The Speed of Trust* and *Crucial Conversations*.

Early on in my career, I was on a mission to align with my true, authentic self and let her be seen in both my work relationships and personal relationships. That in itself, is part of our life journey. It takes time to evolve, uncover, and own our true self. Part of that journey is gaining trust in yourself and the reason for that is when you trust yourself, others will trust you and you will have trustworthy relationships. It has a simple ripple effect on those around you. Life is also a lot easier to live in truth than lies. A work environment that entails trust amongst employees will result in better performance and more successful outcomes than those that lack that trust.

There are also those key conversations we will experience in relationships both at work and personal relationships. What steps are you taking to have successful discussions, no matter what the focus is? How are managing conversations that entail a focus on key stakes within the organization? If you want to succeed in your career, no matter your role or level of seniority, mastering the skill to have successful conversations and communicate in effective ways is one of the best skills to build. Look at other successful leaders, current and in the past. What were they able to do successfully? Communicate!

If you want to build a work environment where you can have powerful dialogue, then it's time to create an environment that is safe for employees to talk about almost anything, have powerful dialogue, and be persuasive in a way that results in empowering others to be their best self and achieving goals for the organization.

Look for the surprise opportunities that may be right on your desk. Put faith and trust in yourself, and make a choice to continue to grow, learn, and develop into the best you that is deep within!

## Coaching

Positive Psychology Health  
and Wellness Coaching

Executive Coaching

Career Coaching

Group Coaching



## Workshops

Leadership Development

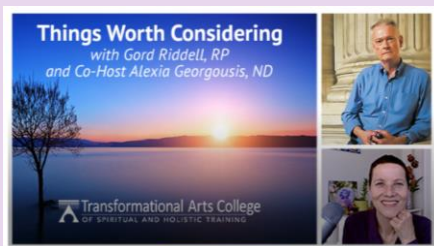
Team Building

Conflict Management

Stress Management

Health and Wellness

## Things Worth Considering



## Book Update

The last couple of months have been quite exciting in regards to my book. With the Advanced Readers copy of my book, a limited number of people have had the chance to read it. What has resulted from that is a few more surprise opportunities, amazing possibilities, and testimonials!

First of all, I had the opportunity to reconnect with a few key people who have been part of my life path and played a significant role in who I am and where I am today in my life journey. One of those people is the owner of the [Transformatioal Arts College](#), Gord Riddell. This was also where I was an instructor for six years for the [Discovering the Total Self](#) and [Spiritual Psychotherapy](#) Programs.

That was one of the most transformational times in my life and my career. It was truly the start of me stepping into my true, authentic self, and owning it. And here we are today, reconnecting yet again. The best of this reconnecting is that Gord has invited me to his podcast, [Things Worth Considering](#) on **September 16, 2021 at 8pm**. I am so touched by this opportunity and I invite you to join us. Here's the link: [Absolutely, I'm Possible Thursday, September 9, 2021 \(voiceamerica.com\)](#)

Another contact and school that played a key role in my life was the [Adler Graduate Professional School](#) and the Dean, Adria Trowhill, who was my instructor and mentor coach while I completed the [Coaching Certification](#) program. They have asked me to do a presentation on **October 21, 2021** to share about my journey since completing the coaching program and some details about my book. I feel so honoured.

And yet another surprise opportunity that has occurred is connecting with two other high profile, key players in my life path, but those will be a surprise as they are making a contribution to and testimonial for my book. Stay tuned for what's coming regarding my book, Absolutely I'm possible! The book itself is living up to exactly what it is about – possibilities!

## Contact information

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

# It's time to free yourself!

*"You have the power to  
free yourself from the  
sentence you imposed  
upon yourself. It's time  
to get out of jail."*

*Angela MacDonald*

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Mississauga, ON, Canada  
416-816-3564

[info@toreallylive.com](mailto:info@toreallylive.com)  
[www.toreallylive.com](http://www.toreallylive.com)



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