



*Coach Angie McDonald - CTACC*

**TITLE:** *The Art and Science and Resilience - Returning to Work/Business After a Traumatic Event*

**Name:** *Angerette (Angie) McDonald*

**Affiliation:** *CTA Certified Coach in Grief, Resilience and*

**Transition INTRODUCTION:**

*This discussion will overview and assess the essence of human resilience and its design. This current pandemic has tested the emotional and mental agility of many, and tested their ability to rebound from difficult circumstances.*

**AIM:**

*To inspire a level of intentionality of resilience, balance and consistent growth from a difficult life period or transition.*

**MATERIALS and METHODS:**

*Observations from anonymous client discussions and various studies on human resilience will be presented to empower and enlighten the audience to hone in on our innate ability to adjust and rise above challenging circumstances, i.e. grief, loss, sudden changes, traumatic changes, financial strain, mental duress, etc. Clients utilized my book "Wounded2Wonderful: Seven Affirmations Towards Healing & Growth" to journal and encourage the upward position towards emotional and mental healing.*

**RESULTS:** *To be discussed during presentation. It will involve testimonials, and client reviews as a result of talks and presentations given in individual and group coaching sessions.*

*CONCLUSIONS: same as above*

*KEYWORDS: Resilience, Transitional Coaching, Grief Support, Women Empowerment, Strategic Empowerment, Community Support.*

## *Angerette (Angie) McDonald's Bio:*

### **About Angie McDonald**

*Author, Public Speaker, Board Certified Resilience and Grief Support Coach, Advocate, Radio/Podcast Host and Empowerment Strategist*

Mrs. Angie McDonald, CEO of iAM Consulting LLC and Wounded2Wonderful Coaching, provides collaborative expertise in assisting, training, optimizing and preparing our under-served, at-risk and immigrant communities through various motivational and professional efforts. Her professional expertise spanning 20 years, and real-life experiences allows her to have an affinity with those who are aware of their calling, profession, and purpose, but are thwarted by circumstances (unforeseen or poorly avoided), lack of resources and information.

Angie's motivational, empathetic, and positive stance provides all whom she engages, with the positivism and resource tools needed to pursue their ultimate goals.

From keynote speaking assignments to sharing stages with leaders like Gloria Mayfield-Banks, the Hon. Bill McKoy of NJ and other industry innovators, Mrs. McDonald is passionate about bringing the conversation of resilience, forgiveness and Self-discovery to the nations.

Via *Wounded2Wonderful Coaching*, Angie is an ICF Certified Grief Support and Resilience Life Coach. Her personal experiences with Widowhood at a young age, extreme loss and emotional disparity has afforded her the first-hand ability to turn her challenges into opportunities of offering hope, information and insight towards a new and rewarding life after losing it all. In this capacity, she provides intentional, self-discovery tools to assist anyone who has experienced loss of a loved one, a way of life and various life challenges. Her transitional aspect provides supportive and insightful strategies to make the next level most rewarding.

**AUTHOR:** Angie's fourth written project, but first solo book "7 Affirmations Towards Healing and Growth - Vol. 1" is a transparent and pivotal guide, encouraging her readers to chronicle their growth, be intentional about forgiveness and to "Heal.Grow.Discover."

### **Contact Information:**

- Website: [www.wounded2wonderful.com](http://www.wounded2wonderful.com)
- Podcast: Wounded2Wonderful with Angie McDonald

(iTunes, Spotify, Google, Breaker, etc.)

<https://anchor.fm/iamangiemcdonald>

### **Social Media:**

- Instagram: @mrsangiemcdonald
- LinkedIn: <https://Linkedin.com/in/mrsangiemcdonald>
- Twitter: @i\_amconsulting
- Facebook: [www.facebook.com/iamw2w](http://www.facebook.com/iamw2w)
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