



3 Peculiar (But Important) Reasons You Need A Coach

1. TO GET OUT OF YOUR OWN HEAD.

Rumination is a frustrating endeavour. Having the same thought over and over again is madness. Losing objectivity leads to frustration and even depression. You need to get that thought “out” and place it on a table and be able to walk around it and then reconstruct it as a manageable decision. But such a **cognitive reconstruct** should not be done alone but with someone who can guide you through the process as an inspiring, enigmatic and engaging guide.

2. TO GET INTO SOMEONE ELSE’S HEAD.

We are always trying to impress someone to achieve a particular goal. We want to positively influence others who will provide us with the resources and opportunity that we are seeking. Like honey to a bee we long for that succour. We want to be both **influential and memorable**. Many of us lack the skill and know-how to confidently execute that effectively. You need to be guided by someone who has both the experience and the skill to teach you to be influential.

3. TO GET YOUR LIFE BACK.

Feel like you are living someone else’s expectations? Frustrating isn’t it. Because where is the finish line? When do you stop striving? Things just stretch out and you are like a hamster running on this endless wheel. Life becomes exhausting and overtakes us - **we lose perspective**. We lose our balance so we need someone who can assist us in **re-establishing** that **balance, joy and purpose**. Someone who can help us take back our lives. Someone with wisdom and verve.

Powerful Resources When You Need Them Most™



About nStratagem

nStratagem was founded for the most discerning, brave and forward-thinking leaders and organizations in the 21st century. Entities who are deeply concerned about survivability and longevity in the midst of the ebb and flow of tumultuous change in the world. Entities who want effective solutions to actual threats today and preventative solutions to perceived future threats. Entities that want a clear and predictable path ahead for the success of their organisation and their people.

To assist both our organizational and personal clients, we are organised around the following 5 Divisions: **CONSULTING, COACHING, TRAINING, COUNSELLING and RESEARCH.**

We have a total of 20 innovative products that sit under those 5 divisions and we also tailor make products and solutions for our clients.

About Norm Murray

Norm Murray is CEO of nStratagem. See his full Bio in the "**People**" section of our site at www.nStratagem.com

We have a great deal of experience in helping leaders and organizations through their development and challenges. Contact us for a discreet discussion.

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T: +44(0) 1785 813347

E: contact@nStratagem.com

W: nStratagem.com