

Top Ten Signs You May Need a Coach

Shakespeare once said,



"When the sea was calm, all ships alike showed mastership in floating."

These are not those times - we find ourselves in an environment where the winds are strong, and the seas are rough. We encounter constant and pervasive change on all levels. Competition is fierce, and customers are becoming increasingly sophisticated - and concomitantly, more and more demanding. Information is the currency of the realm in today's society. Knowledge is doubling every 18 months, and it is increasingly true that on the information superhighway knowledge is power.

Unfortunately, our world has become so complex that it is difficult for any one individual to know everything opportunities facing him. Consequently, many people are discovering usefulness of having personal/business coaches. Change is ubiquitous. It is everywhere. We will experience change many times in our lives.

As an executive, you may face more change every day than most of us face in a month ... or in a year. Are you currently facing any of the following challenges?

- Increasing global competition
- A geographically distributed workforce
- Requirements to change your management style
- Right sizing, down-sizing, or other cost-containment measures
- New products, markets, manufacturing procedures or equipment
- Need to integrate IT, business, and production strategies
- Constantly changing government regulations
- Increasingly demanding and sophisticated customer service requirements
- Mergers, acquisitions, leveraged buy-outs
- Redefined organizational culture, with changing employee profiles and needs.

☛ **Are you feeling a bit overwhelmed by all these changes?**

☛ **Have you lost sight of your personal values and goals?**

☛ **Do you need to be reintroduced to your family when you finally do get home from work?**

☛ **Has work ceased to be "fun?"**

If so, coaching can help you regain control over your life. It can help you learn to prioritize the many demands on say "No" to excessive or unreasonable requests. Coaching will help you learn to take necessary care of yourself in a variety of areas, including your health, your time, your work, your home, and your family -- and doing so, will make you even more productive, efficient and effective at work.

Contact coach@careerperformancestrategies.com to arrange for a **FREE 45 minute coaching session.**

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