



Cross Your Nonsense Divide

a guided process

More than 15 years of executive coaching
modified for your benefit

Feeling stuck... life has a habit of doing that to you. It's a way of getting your attention, a way of waking you up. Feeling stuck is really just a *nonsense moment*, because being stuck gets your attention away from nonsense and back to what has meaning.

Nonsense side-tracks you from your work, tricks you into wrong decisions, and trips you short of your goals. *Nonsense stops you from being successful.* The good news is that there is always some sense in nonsense, if you look for it. So if we can interpret your 'stuckness' as a nonsense moment, then chances are you will begin to feel unstuck pretty soon.

Based on the book

*Crossing The Nonsense Divide:
Steps to Finding Your Path to a Successful Life*
by
James Henry McIntosh

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Get Moving Now

Why use a guide? A guide is someone who knows a way or, if you're stuck, a way out. A guide is not a novice, but someone who has been there and back many times before. Some people like to do things on their own, even if it takes longer and brings more pain. Others prefer to save time and pain, and so they use a guide.

What is the role of the guide? In many ways your path through life is unique and so is your experience of feeling stuck. In other ways they are similar to what countless others have experienced. The role of the guide is two-fold: (a) to identify the familiar pitfalls so as to guide you past them; and (b) to use his or her experience to find a more effective way for you to get beyond stuck.

What should you look for in a guide? Many of us have life experiences to share with others, but not many of us have the skills to be a guide. And even fewer of us have the inclination to *serve* as a guide. So here's what I suggest you look for in a guide: appropriate experience, relevant skills and an inclination to serve. We tend to take the first two for granted and we ignore the third. And yet, the inclination to serve as a guide is critical. Here's why. Although a guide by nature must always walk with you, this is *your* journey – it is about you; not about the guide nor about the process.

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"There's no ego with this guy. He works hard on your problems and you'll get your money's worth. He's the real deal." (JJ; VA)

Book Your Free Session

Am I experienced, skilled and inclined? Yes. I have the inclination, hence this program; after more than 15 years of working as a consultant and coach to executives and managers, I have the skill; and after surviving my share of failures and successes, I have the personal experience.

Read what a few of my clients say about my work and you will get a sense of my inclination and my skill. And you will find my resume on my website. But what about my personal experience? Here's a quick rundown: I had it made, got bored, felt *stuck*; started a business with a friend; lost wife, house, friend and self-esteem; met new friend, new girl, new clients; new wife, new house, new money; got bored, felt *stuck*; gave up money, sold house, left country (but not wife); new country, new friends, new venture, new clients, new future.

Why use a guided process? This is not a typical coaching process. This is an intense, specific program designed to get you out of the swamp quickly and onto solid ground, if you don't mind the metaphor. Traditional coaching approaches tend to take longer, for a reason—to ensure that shifts take hold and stick. But when you are in the swamp you want out now, not later. (You will benefit from a more traditional coaching approach once you are unstuck, which is why I will then encourage you to use a coach.)

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"James was the only one who asked real questions. I was rather taken aback by them. It did give me pause—it made me think in a different way about what was important." (JS; VA)

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How does the guided process work? As I mentioned earlier, this is an intense, specific program designed to get you unstuck quickly. Therein lies a warning – this program is not for everyone. Being stuck can be nerve-racking; getting unstuck can be exciting. Some people just won't like it that way. Until we meet, we won't know whether this program is right for you. *That is why your first session is free – no fee; no obligation.*

During our free session I will explain the process in detail. There are 16 guided sessions, based on the wheel of success and on the 'five steps' program from my book (*Crossing The Nonsense Divide: Steps to Finding Your Path to a Successful Life* - available on-line and at major bookstores).

Is there a tangible outcome? Yes, your personal cross-your-nonsense-divide action plan. Other outcomes are specific to your situation and thus unknown at this stage.

How much does it cost? A guide must be paid. We will discuss the fee during our first session, but know this: if you need this program, we will find a way for you to afford it. And here's what you'll get: a copy of my book; assessment questionnaires and feedback; monthly newsletter; other relevant material as appropriate.

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"James has the ability to be a better listener than an advice giver and adapts his mentoring role so that he easily gets you to address issues that you know need to be resolved, but have not yet been able to do." (JW; South Africa)