

Is This the Right Time?

A reflective guide for those considering counselling or leadership consulting

The right moment to seek support often begins with noticing what is already asking for your attention. This guide is here to help you listen more closely to what you may already know.

FOR THOSE CONSIDERING COUNSELLING

This experience may support you if:

- Something feels persistently off, even when you cannot name exactly what it is.
 - You are carrying something you have not been able to work through on your own.
 - Life has shifted — a loss, a transition, a relationship change — and you are still finding your footing.
 - You are functioning well on the outside but feel disconnected, exhausted, or hollow on the inside.
 - You are curious about yourself and open to deeper reflection.
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FOR THOSE CONSIDERING LEADERSHIP CONSULTING

You might be ready if:

- You are navigating a significant transition — a new role, a restructure, an expanding scope of responsibility.
- You sense that the way you have been leading may not be sustainable, or may not be serving your team well.
- You are facing decisions that feel heavier than usual, with less clarity than you would like.
- You want a confidential space to think strategically — without the pressures of hierarchy or perception.
- You are not looking for answers handed to you, but for a rigorous thinking partner.

Effective leaders create space for clarity before decisions become urgent. They understand that reflection, perspective, and support are strategic investments in how they lead, relate, and respond.

WHAT IF I AM NOT SURE?

Uncertainty often signals that something deserves thoughtful attention. Consulting or counselling can offer a confidential space to pause, reflect, and clarify what support would be most valuable for your situation. A complimentary 20-minute consultation with Dr. Kaynama is a no-obligation conversation designed to help you explore fit, ask questions, and identify a meaningful next step. You do not need to arrive with all the answers.

Book a complimentary consultation at yourstoryyourspace.com

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