

# BREAKTHROUGH CHALLENGE YOUR HORIZONS



**“I NEED TO SHAKE MYSELF  
OUT OF MY COMFORT  
ZONE.”**

**“I’M SURE I CAN DO MORE  
WITH MY LIFE, BUT THERE  
SEEM TO BE SO MANY  
BARRIERS IN THE WAY.”**

**“HOW CAN I UNLOCK MY  
POTENTIAL?”**

Sounds familiar? I am Nicholas McKie, and I have been there too. I am now a certified professional breakthrough coach and leadership expert. How did I get here? That’s what this brochure is about...the journey I have made so far.

### **On my knees**

Born and raised in Northampton, England my early passion was sport – cricket, football and swimming – all at club level and higher. All this was shattered when I needed major surgery on both knees.

I had to find another challenge and I channelled my energies into music – mastering one of the most difficult orchestral instruments, the bassoon.

I worked my way up to principal bassoon in the Northamptonshire County Youth Orchestra, and this led on to gaining a Masters in music at Trinity College of Music in London. Music gave me the teamwork I thrive on and I played in major orchestras in the UK and overseas.

### **Tokyo and beyond**

Rewarding as music was I wanted another challenge. It came from a newspaper clipping offering a post teaching English in Japan. International travel and a new



skill to learn! When I came back to the UK I gained formal teaching qualifications.

It was to lead to working across four continents, and another set of skills, including corporate education and the role of Principal.

### **Breakthrough**

Strangely, after such a wealth of experience, I still felt unfulfilled. This

led me to explore personal growth through yoga, mindfulness, and my love of music.

The more I learned about personal development the more I wanted to help others to experience it too. I made the decision to train as a certified professional coach and establish my own business.

And so **Persyou** Coaching began. The challenges I have faced through my experiences of teaching, the corporate world, and of working with people across four continents have given me the confidence to break through to where I really want to be, both personally and professionally.

**If you put your mind to something you can achieve anything. Let me help you on your journey.**

### **Nicholas McKie**

MBA, MMus, BMus, QTS, CPC, ELI-MP.  
Founder of Persyou Coaching.



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HELLO@PERSYOU.COM

PERSYOU.COM