

Personal Change Management

Sustainable Coaching for dealing with pressure and stress.

Could you change if circumstances demand it?

You probably know several people, who – after unsuccessful attempts to change – have resorted to accepting the status quo, or those who cannot deal with new circumstances.

PCM [®] : The neuropsychologically founded Coaching program					
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THEME (Goal)	UNCERTAINTY	RESOURCE	BEACON	OPEN-MINDEDNESS	2 WEEK QUICK WIN
Neuropsychological reactions: ↑ Dopamine + Acetylcholine	↓ Serotonin	↑ Dopamine + Acetylcholine	↑ Acetylcholine	↑ Dopamine	↑ Dopamine + Acetylcholine
Effects: ↑ exciting proximity to goal + concentration	↓ Satisfaction with status quo	↑ Exciting proximity to goal + concentration	↑ Concentration	↑ Exciting proximity to goal	↑ Exciting proximity to goal + concentration

PCM is a tried and tested coaching program, with which you can initiate and implement **personal change** quickly and reliably. You will achieve this because we tackle aspects associated with insecurities and uncertainties head-on, as these block contextual judgment and maturity.

The PCM-Coaching-Program is **neuropsychologically** founded on insights as to how our brain learns. Through a thorough process of stabilization, PCM ensures sustainability.

Benefits:

The PCM-Coaching program assists you in achieving sustainable personal change as well as strengthening your self-management, by

- neutralizing your fear of personal change,
- learning to do without unnecessary safeguards,
- aligning your feelings with your thoughts and actions.

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