

# What is PCMK™? ...Power Coaching® with Mind-Kinetics®

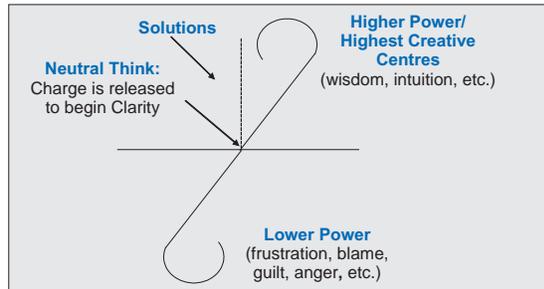
PCMK connects...  
Body, Mind and Spirit.  
It combines coaching, the science of  
Mind-Kinetics and mentoring.

“CLI's advanced leadership science featuring Power Coaching® with Mind-Kinetics® assists people to *dramatically improve* their performance at home and at work.

Our clients tell us we are *The Masters* of changing unconstructive habits and behaviours into positive ones faster and more effectively than anyone they know.”

Mind-Kinetics® is the science within the coaching tools that stimulates innovative thought which empowers the Client to take action and make permanent positive change.

## CLI's Clarity Solutions Model



Coaching with Mind-Kinetics + Mentoring = PCMK

The Clarity Solutions Model shows the mental process required to achieve solutions. Through Power Coaching, clients move from Lower Power to Neutral Think and then to Higher Power for solutions.

## Discover The Missing Piece To Maximizing Human Performance

PCMK goes beyond goal setting. Your reputation as a highly effective CLI Power Coach® will precede you when you provide these transformational benefits to your Clients.

### The Award-Winning Characteristics ... and ...The Rewards

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|---|--|---|
| 1 | PCMK creates a physiological shift in the brain.   | With thinking cells nourished, <i>habits change</i> .   |
| 2 | PCMK gets to the root cause of our inability to achieve goals.                             | We <i>understand our actions</i> and can <i>choose positive change</i> .  |
| 3 | PCMK trains the brain to use both IQ and EQ.   | This whole-brain thinking <i>stimulates genius</i> .  |
| 4 | PCMK is based on The Universal Laws of Human Behaviour.                                    | We stop blaming self and others to bring <i>peace of mind</i> .   |
| 5 | PMCK turns negative patterns of thoughts, words and actions, into permanent positive ones. | <i>The unconstructive voice inside</i> saying, "You can't do this OR you're not worthy of success" <i>will exit your life</i> . |
| 6 | PCMK tools are deeply steeped in 75+ values of humanity.                                   | We become <i>stronger role models</i> of courage, wisdom and faith.   |
| 7 | Complex situations like harassment are peacefully resolved.                                | Employees <i>go back to work with no blame</i> .<br><i>Productivity improves</i> within the team.                               |
| 8 | PCMK connects body, mind and spirit.   | A <i>greater life balance</i> personally and professionally.  |

CLI's 'Certified Power Coach' Program has been accredited by the ICF as 103.5 hours of Approved Coach Specific Training.