



CORE Monthly

May 2017

PMA Institute

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A message from PMA Institute Founder, Jacob Korthuis:

Dear friends,

When was the last time you took a break?

It can be difficult to pull yourself away from the demands of work but it's important. Often, Summer offers a perfect opening for fun vacations, extra pool time or special gatherings with family. But it can also offer moments for reflection, growth and learning.

Whether you're relaxing or rebuilding – a push of the 'reset' button can often fuel a stronger wellbeing and a clearer path to success.

This summer celebrate greater possibilities!

Warm Regards,

-Jacob

Upcoming Events

September 9

Coaches Development Meeting with Jacob & Ingrid, The Netherlands

September 30

Training: PMA Fundamentals, The Netherlands

October 12

8-day seminar, Part I, the Netherlands

www.pmaminded.nl/seminar/

October 19

8-day seminar, Part II, the Netherlands

www.pmaminded.nl/seminar/

November 18

Coaches Development Meeting with Jacob and Ingrid, The Netherlands

Important News

PMA set to sign Dutch health pledge

"Everything is Health." That's the name of a national Dutch movement focused on prevention and long term wellness. PMA was invited to join the movement by signing a pledge on May 30th. The initiative partners with key organizations to create modern solutions to increase life expectancy and vitality. Look for more information about the pledge in upcoming issues of CORE.

Quote Corner

"When someone shows you who they really are, don't try to paint a new picture".

-Ingrid Schabbing

Wrap Up: First PMA Coaching Education Program Ends on a High Note

Inge Hummel, Margo de Jong and Resi Beelen offered new solutions to a packed house of PMA coaches in a May 20th event in Arnhem, the Netherlands. The trio discussed key concerns and questions to help coaches propel their practices worldwide. "It was intensive and we learned a lot with great feedback from the best" said one attendee. The one-day program is aimed at maximizing skills and business success in support of practicing coaches. A second program is set for September 30th. Seating is limited. For registration details email info@pmaminded.com.

Fun, Facts and Features...

Did you know?

Your perception creates your reality, but what creates your perception? Every new experience is filtered through your core beliefs, your personal past, and unique emotions. Even your mood impacts how your reality looks at any given moment. No two people exist in the same perception of reality and it's why, often, people can see the same situation so differently. So, what's the real truth? To find it, you should start searching for your own truth, deep beneath your experiences, beliefs and pains – there you will discover the full sense of who you are and tap into the core of what unites us all. In the end, the journey itself is what matters most.

Monthly motivation with Ingrid Schabbing

Who are You?

Do you know who you really are? The right answer lives in the beliefs which drive everything you do. It's because your beliefs make up the foundation of who you are – which can be beneficial or detrimental to your growth, health and happiness. PMA was made to reveal the driver of those beliefs and to help you discover the power and ultimate freedom to transform those beliefs so they always benefit you. The best part? There's no secret recipe. All you need is a willingness to start fresh and dig deep for the opportunity at the life that was always meant to be.

Ingrid is the Director of Coaching for the PMA Institute. Send questions to info@pmaminded.com and follow her monthly blogs at www.pmaminded.com.

Ingrid Schabbing



Find Your Coach

Experience the benefits of PMA immediately with a coaching session! Find a coach near you and schedule today by clicking on 'Coaching' at www.pmainstitute.com

Email us at info@pmaminded.com with your personal stories, suggestions or questions. It may be featured in an upcoming edition.

Get involved

PMA Minded Blogs

Follow PMA Coaching Director, Ingrid Schabbing's advice and personal stories in her monthly blog on www.pmaminded.com

Growth Quiz

Head over to www.pmaminded.com to create a personalized path towards your greatest potential with our exclusive PMA Growth Quiz!

Lunch n' Learns

Looking for a fun and interactive event at work? Enjoy lunch with colleagues and discover how PMA benefits business – onsite or via Skype. Email info@pmaminded.com schedule today!