



# CORE Monthly

Jun 2017

## PMA Institute

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### 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/](http://www.pmaminded.nl/seminar/)

#### October 19

8-day seminar, Part II, the Netherlands

[www.pmaminded.nl/seminar/](http://www.pmaminded.nl/seminar/)

#### November 18

Coaches Development Meeting with Jacob and Ingrid, The Netherlands

A message from PMA Institute Founder, Jacob Korthuis:

Dear friends,

Growth is a choice we make every day. Every experience and every moment is a chance to learn more about ourselves and to become better, healthier, happier versions of ourselves. Wake up to the lessons that surround you and reap the rewards of living within your greatest potential. The choice is always yours.

Warm Regards,

-Jacob

### Important News

#### University of Amsterdam launches PMA Study

Next month, a student of the University of Amsterdam in the Netherlands, embarks on an assigned initiative: The Scientific Substantiation of the PMA model and the PMA methodology. The study which kicks off on July 1, will offer an opportunity to examine the scientific foundation of the PMA Model. Look for the results of this study in a future issue of CORE.

#### Phase 2: E.U. PMA Grant Takes Next Step

PMA reached a significant milestone last month when E.U. representatives tested the technical development of PMA's new online questionnaire system – the second phase of a key grant presented by the E.U. earlier this year. The project is geared towards furthering PMA's reach. The partnership is an exciting development in PMA's growth and a key step in transforming approaches to health globally.

### Quote Corner

“Happiness will come when you let go of the hurt that's holding you back”.

-Ingrid Schabbing

## Intervision: Part of PMA's New Coach Training Program

Looking to fast-forward your PMA Coaching abilities? Consider participating Intervision, part of PMA's new coach training program, starting on September 9. The interactive experience includes live interrupt sessions with other attendees and feedback from colleagues. The program includes guided help from an experienced trainer for immediate growth opportunities and live Q&A. Interested in more? Email [info@pmaminded.com](mailto:info@pmaminded.com) for details and registration.

## 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](http://www.pmainstitute.com)

## Fun, Facts and Features...

Did you know?

*We all know how important a good night's sleep is. But what exactly is sleep and what makes it so crucial to our long-term health? It's all about the brain. While your body rests, your subconscious brain is hard at work, processing and 'organizing' every piece of data you experienced through your five senses during the day. It becomes a part the vast database of information that makes you YOU. So sleep tight!*

### Monthly motivation with Ingrid Schabbing

*Too Tired?*

Natural energy is priceless – and while it's perfectly normal to tire as the day unfolds, a constant battle to stay awake at odd times throughout day is not healthy and a sign of a more deeply-rooted source. Addressing the core reason for your exhaustion directly opens the door to effortless, natural energy that's with you throughout the day. Click here to learn more about the source of exhaustion and begin tapping into more natural vitality today!

Ingrid is the Director of Coaching for the PMA Institute. Send questions to [info@pmaminded.com](mailto:info@pmaminded.com) and follow her monthly blogs at [www.pmaminded.com](http://www.pmaminded.com).

*Ingrid Schabbing*



Email us at

[info@pmaminded.com](mailto: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](http://www.pmaminded.com)

### Growth Quiz

Head over to [www.pmaminded.com](http://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](mailto:info@pmaminded.com) schedule today!