



# Process Communication Model®

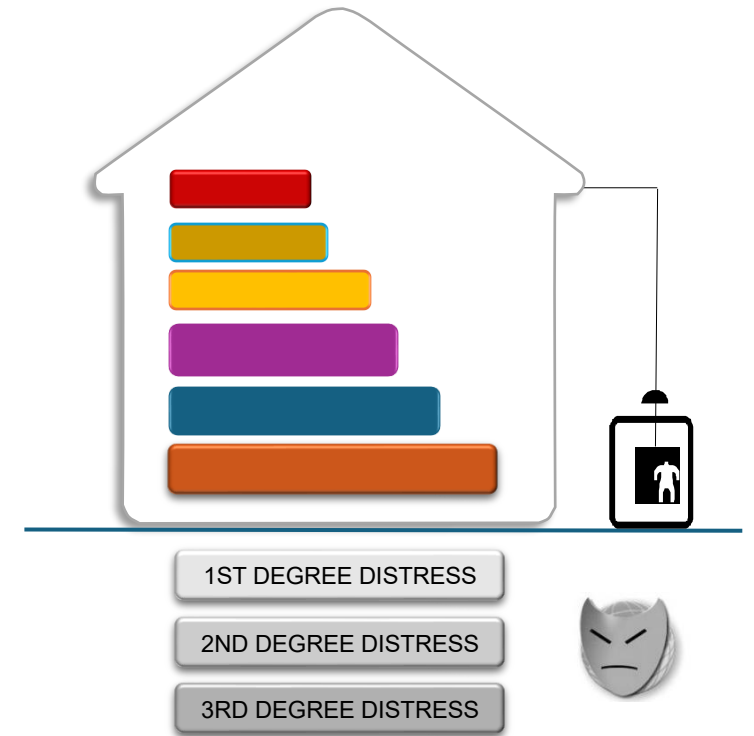
PCM® is an innovative self-awareness and communication toolkit.

It enables you to be more effective and connect better with others in all areas of life. Whether it's communication, manager-employee collaboration, sales, or personal relationships, PCM® helps you make the most of your relationships.



## Where you use can use PCM?

- Individual and executive coaching
- Self-awareness training
- Effective communication and conflict management
- Stress management
- Executive effectiveness
- Sales effectiveness
- Team effectiveness



PCM shows us how to overcome stress and stay balanced in order to get the most out of ourselves.