

FamilyEQ™

Purpose Centered Family Coaching
-Delivering FamilyEQ™ Training-

Purpose Centered Family Coaching (PCFC) represents the family application brand of DGM's Emotional Intelligence training and coaching. Because we fervently believe "***Emotions drive people and people drive relationships***" PCFC delivers emotional intelligence training to individual family members as well as the family unit.

So what is Emotional Intelligence (EQ)? Simply put, it is ***consciously choosing thoughts, feelings, and actions to get optimal results in your behavior and with others.*** Emotional Intelligence can also be thought of as the effective integration of our thinking brain with our emotional brain leading to wiser actions! Or, **just being smart with your feelings!**

Purpose Centered Family Coaching (PCFC) serves families that want to ***proactively grow together*** as well as those that are ***experiencing internal dissention*** and larger potential problems. Ideally, we are the early intervention alternative to a more drastic solution such as a "troubled" teen program or even a lock down program. We at PCFC believe the the "troubled" or out-of-bounds behavior is only the result or symptom of deeper issues, family issues - **and that is who we work with - THE FAMILY.** Our mission is to catalyze family growth and development - the real work is on the family members where CHOICE and CHANGE begins and ends. We follow Biblical principles in all our coaching efforts. We offer a full range of family developmental programs and services, including personal coaching, family coaching, family training, family/parenting workshops, all providing support and guidance for hurting families - helping the Christ-centered family toward growth and development.

ALL CHANGE BEGINS WITH A CHOICE:

If you are tired of **making poor CHOICES** or have identified **PATTERNS OF BEHAVIOR** that have not and continuously do not work for you and wish to make a change toward growth and development - be prepared to drop JUSTIFICATIONS and EXCUSES - be prepared to discuss **REAL issues and confront TRUTH** - be prepared to develop new Perspectives, new Awareness, new Practices and new Language - be ready to WORK! **Please note: THIS IS THE MOST IMPORTANT WORK THAT YOU CAN UNDERTAKE!**