



POSITIVE MINDFULNESS COGITION (PMC) - UNDERSTANDING THE POWER OF THOUGHTS

PMC is a philosophy of creating positive behaviours, attitudes and interactions in and between individuals creating mutual support and empowerment. It sets a new paradigm to create positive mindsets in individuals and innovative ways for everyone to interact. The long-term aim is to improve every relationship, group, society and ultimately **“make the world a better place”**.

What it is – PMC is the process of turning negative thoughts, words or actions into positive, productive attitudes and behaviours that empowers your life.

How it works – It creates a filter in your mind to recognise negativity and then provides the steps to eliminate and replace them with positive alternatives. This process is also effective in dealing with negativity from others and creating positive interactions, resilience, culture and a supportive, connected communities.

What are the results – It liberates you from negative destructive thinking and empowers you to create a strong, positive mindset. It improves interpersonal interactions, relationships, productivity and achievements. It provides a new way of interacting to dramatically improve engagement, culture and atmosphere in groups and communities of any size.

Positive thinking is not just a soft and fluffy subject, but a significant health risk that everyone should take seriously!

Our research shows that people are 15% less positive than they think they are, so it is clear that the usual attitude of thinking “Yes I am a positive person” is often not quite as good as they think.

The dramatic finding in the research by Dr Eli McIntosh with the University of Sedona showed that positivity scores fall by a catastrophic 40% when faced with simple life challenges. These life challenges were simple things like being overcharged for a bill, bad drivers on the road or burglary.

Research into the PMC techniques show that it improves positivity scores by 15% and resilience scores by 30%. This is really remarkable! When everyone in the workplace or social groups also use these techniques, the benefits are magnified further.

So, it is clear that these techniques improve your resilience so that life challenges are handled better, with drama and crises becoming a thing of the past.

Positive Mindfulness Cognition has dramatic effects to improve how everyone thinks, speaks and acts!