



Marek and Darlene Helstrom founded *Purpose Centered Coaching & Training* (PCC&T) in July 2003. Their focus being to help organizations, families, and individuals become more productive in all of their efforts, goals, and visions. They accomplish this through their training workshops and coaching that includes *Understanding Human Behavior, Emotional Intelligence (EQ), Accountability & Choice, and Leadership*.

They have worked with well over 100 families and numerous businesses and organizations (in both the private, public and non-profit sectors), including **Devon Energy** (the largest independent oil & gas company in the U.S.), **Department of Water Resources** (State of California), **CASA** (Court Appointed Special Advocates), **Abundant Life Academy** (a private boarding school), the **U.S. Navy, Marines, and Coast Guard**, and soon, the **Los Angeles Angel's** organization.

Their goal of bringing about positive change is grounded in the fact that change is hard work, requiring introspection and a deep commitment to personal and organizational growth – and the idea that the work is on each individual's shoulders. They utilize the **TWIST[®]** Model of Change (developed by PCC&T) as a framework for change and growth. Lastly, they believe and teach through the premise that TRUST is the foundation for all relationships, providing the fertile ground for all growth and development.