

## Mission

The Mission of Your Wellness Consultant is to educate and train my clients in methods to develop and maintain a healthy and rewarding quality of life. No corporation, organization, group or individual can truly realize its full strength and productivity unless it unlocks the untapped potential that emerges from living a wellness lifestyle. Utilizing ancient wisdom and modern science, We endeavor to give every client keys to accessing the powers that emanate from a balanced relationship between mind, body, and spirit, and from an understanding of the Principles of Inter-relatedness, Inter-connectedness, and Inter-dependence.

**Our Goal is to provoke and facilitate an enhanced vision in each of our clients, enabling them to achieve their unique form of self-actualization.**

**Got Stress?  
Is stress affecting your peace of mind, performance, or health. Are employee stress-related health and absenteeism issues eating up your company profits?**

**Call us!  
We can help!**

*Sharif Enterprizes, Inc./ "We Transform Information Into Insight!"*



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**Complementary Health Care Consultant  
Stress Management Consultant  
Personal Security & Self-Defense Trainer**

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## **Social Change: Part I**

**Social Change of the First Kind** is slow and almost imperceptible. Gradual social change is psychosocially comfortable and comforting for human beings because it provides for the highest degree of social predictability. We make our life choices with less fear of the unknown because our sets of choices are constrained by the limitations imposed by the very nature of Social Change of the First Kind. Members of a contemporary 'sheltered' community like the Amish for example, would be an example of Social Change of the First Kind. As we will describe in our future article

on Capitalism and Stress, even these once isolated or sheltered communities are experiencing the pressure of Capitalism's survival mandates. And humans are an inquisitive and creative species. So change is inevitable! Social systems like physical systems are engaged in the continuous processes of anabolism and catabolism, building up and breaking down. During Social Change of the First Kind, the system is in a relative state of status quo, and change is very slow, and rarely far-reaching. Social Forces (influences stemming from the very nature of social institutions and social interactions) can accelerate the pace of change.

## **Social Change: Part II**

**Social Change of the Second Kind** is more rapid social change within the same cultural paradigm. For example, we might think of an agricultural society changing from growing one traditional primary crop, to growing a new crop, say a new type of grain [for whatever reasons]. This change will have an influence on the human

'choice sets' and a corresponding impact on their psychosocial comfort level. Although the degree of change may be slight, adjustments have to be made. The seeds of cultural discontinuity are planted and social eustress (good) and distress (bad) is heightened. Individuals begin to feel themselves being pulled in two ways.

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## Social Change: Part III

**Social Change of the Third Kind** is a much more dramatic change, but still within the cultural paradigm. It can create significant psychosocial distress and social upheaval. An example might be the period of the mid 19th and early 20th Centuries as America made the move from an agricultural Capitalist Society to an industrial Capitalist Society. In Social Change of the Third Kind, Tension and Boundary are in a

potentially volatile but moderately stable balance. The apparent continuity of Democratic Capitalism during this period was sufficient to offer a sense of predictability and hope in the midst of the unknown. At each of these levels of social change different types of human talents are required in order to survive and prosper during the period of change. That period might frame the life of single or multiple generations.

## Social Change: Part IV

**Social Change of the Fourth Kind** is the most dramatic and dynamic; and the most volatile. It is a shift not only within the existing paradigm, but that shift precipitates and occurs in conjunction with a shift between paradigms. Sometimes the transition is fostered by outside forces. Consider for example the so-called 'Discovery of The New World'

from the perspective of the indigenous people, or the effect of high volume international immigration upon local communities over the last two to three decades, or the fall of the former Soviet Union and the move towards a Capitalist economy in Russia from the perspective of the Russian People. We'll look deeper into Social Change of the Fourth kind in our next Newsletter.

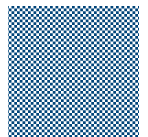
### About Our Organization

**Sharif Enterprizes, Inc.** is an Arizona based, owner-operated corporation that has provided education, consulting and training services since 1988.

Our excellent administrative support and extensive background enables us to provide you and your organization with the very best in

Education Consulting, and training services across a wide range of topics.

SEI gives you access to techniques that improve decision-making, enhance brainstorming and planning sessions, stimulate creativity and intuition, and improve worker satisfaction and performance.



To: