

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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Culture Shock: What is it?

A people's **culture** is their entire design for living, passed on from one generation to another through learning. All of us, to some extent, take for granted the cultural practices of our society. In fact, the human brain is actually wired to anticipate a certain amount of social and environmental continuity. This continuity allows us to put some of our regular activities on 'automatic pilot'. Even highly skilled activities like driving can be turned over to the 'manager within'. This is how you are able to drive your regular route home or to the office, and not actually remember a mile or two of the drive. **Culture Shock** can be defined as the collection of

symptoms that can manifest when an individual is immersed in an unfamiliar culture. These symptoms include disorientation, uncertainty, social displacement, anxiety, and fear. Each of these symptoms represents a stressor that in turn can lead to all of the stress response symptoms that we've discussed on our web site and in other Newsletter articles. Historically, sociologists have used culture shock to refer to the experience individuals have when they go from one distinct culture to another.

Culture Shock: Not Just Cross-Cultural!

However, if you've read **Social Change of the Fourth Kind**, then you probably realize that in today's environment individuals can experience culture shock within their own society and everyday life. Remember, Social Change of the Fourth Kind is rapid, sustained, far-reaching, and dynamic. Every social institution is in metamorphosis - family, economy,

education, health care, defense, government, and religion. Each day American workers walk into their offices, factories, and work sites stressed by changes occurring in one or more of these social institutions. This aggregated stress has a price tag of billions of dollars in corporate productivity and profitability.

*Your Wellness
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Culture Shock: Institutional Flux

As American corporations adjust to this state of institutional flux, it is extremely important that attention be paid to the human capacity and limitations in coping with social change. During Social Change of the Fourth Kind, change occurs so fast that familiar patterns of behavior are no longer consistent with the culture and we are forced to pay attention, unlearn, learn, relearn, adjust, and adapt. Population demographics, political transitions, technological advancements,

economic transformations, and environmental changes are all factors pushing Social Change of the Fourth Kind. And there is no reason for us to expect an abrupt stop in the process. So the solution is to prepare for social change with the same diligence and flexibility with which we prepare for changes in the seasons. Sharif Enterprizes, Inc. is here to assist you in your process.

Culture Shock: Intra-Cultural Shock

My five children are spread across the board. One works for a major bank in merger, one for a private university in expansion, one for a state Department of Environmental Quality under pressure, one for a mortgage finance company dealing with the changing housing market, and one in high school and college dealing with our changing educational system.

No one is or will be exempt from the forces of social change and intra-cultural shock. But we each have an opportunity to learn how to be successful both because of and in spite of those forces. Stress Management and Wellness training are tools to enhance your and your employee's health, performance, flexibility, and potential for success.

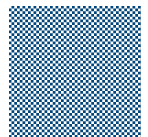
About Our Organization

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 Stress Management and Wellness techniques that improve decision-making, enhance brainstorming and planning sessions, stimulate creativity and intuition, and improve worker satisfaction and performance.



To: