

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!"



A.S. Umar Sharif, MA Medical Sociologist

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

sharif-enterprizes.com

2006 Review: An Ounce of Prevention

We've covered some important information and concepts in the past eleven articles. We've talked about **Social Change, Social Forces, Capitalism & Stress, Culture Shock**, and much more. Most importantly, we've talked about Social Change of the Fourth Kind, *rapid, dynamic, far-reaching, relentless, increasingly unpredictable and stressful*. And we've talked about steps you can take to fortify your organization and yourself against the negative effects of chronic stress.

Just reflect and consider some of the events of this past year, 2006. As we stated earlier, every social institution,

(defense, economy, education, family, government, health care, religion, and media) will be affected by Social Change of the Fourth Kind. So, this is not a social phenomenon that any of us can escape. Instead, Social Change of the Fourth Kind is a phenomenon for which we can and should prepare ourselves.

Remember the old adage, *an ounce of prevention is worth a pound of cure*.

2006 Review: Unheeded Warnings?

Homeland Security, FEMA, and other organizations have issued detailed advisories to the public and other institutions: take the necessary steps to be prepared in the event of terrorist attacks, a bird-flu pandemic, or other cataclysmic events. Some of us have been listening and acting, and some of us have not. But stop and think for a moment! Should one

or more of these events occur, which group would you want to fall into, prepared or unprepared? Now consider that these are probable or highly probable events. But, Social Change of the Fourth Kind is not a probability. It is a part of your and my social reality today – right now, and its consequences for the health of our corporations and workers are not to be ignored.

*Your Wellness
Consultant*

SHARIF ENTERPRIZES,
INC.
P.O. Box 51282
Phoenix, Arizona 85076-
1282

PHONE:
480-785-2870

FAX:
480-785-8314

E-MAIL:
sharif@sharif-
enterprizes.com

*Your Wellness
Consultant*

We're on the Web!
See us at:
Sharif-enterprizes.com

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Sharif Enterprizes, Inc.
P.O. Box 51282
Phoenix, Arizona 85076-
1282**

2006 Review: Survival of the Fittest

Intra-cultural strains and **inter-cultural stressors** are converging on human populations all around the world. Where once we spoke of 'survival of the fittest' and called to mind primitive beings trying to survive in wild and hostile environments, today we face even greater challenges than our ancestors of the distant past. New electronic gadgets and advances in communications technology have ways of

penetrating even the most well fortified compound. Our home entertainment centers, car radios, and computers have enabled economic, political, and other social forces to enter spaces that were not so easily accessible to lions, alligators, and snakes. And these social forces bring with them gifts and tribulations. **Stress management** is about learning how to enjoy the gifts and avoid or at least minimize the tribulations.

2006 Review: The Anthology

We hope you've enjoyed the twelve Newsletter articles that we shared with you during 2006. They represent a sample of the kind of knowledge, insights, and training that we would like to share with you and your organization. The 2006 Newsletter Anthology will be available at a small cost starting in December 2006. We hope you'll make the Anthology a gift to your employees and co-workers.

Remember, each year more executives are seeking professional assistance to help them deal with the negative consequences of chronic stress. It's more cost-effective to get preventive training. **SEI can give you the Hardiness Advantage.**

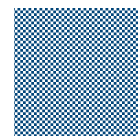
About Our Organization

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: