

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**

sharif-enterprizes.com

Capitalism and Stress: Part II

In Part I we discussed the three survival mandates of Capitalism and way the system generates stress for individuals and organizations. So, consider the consequences of stress for the individual and then multiply that by number of people that you and your company deal with every day, and multiply that by the stress that your employees bring to work each day, and of course add in the way in which the internal organizational environment adds fuel to the fire and you can begin to get the picture. Hiring policies, plant closings, layoffs, relocations, organizational priorities, technological changes,

automation, market shifts, retraining, supervision styles, coworker behaviors and attitudes, task characteristics (timeframes, autonomy, creativity), ergonomics, and decision making processes are all stressors that are affecting the health and productivity of your organization, for better or for worst. Research has shown that the human organism’s inability to manage social, psychological, emotional, and physical stressors can precipitate or aggravate cardiovascular complications, hypertension, joint and muscle pain, ulcers, compulsive symptoms like vomiting, asthma, headaches, as well as other physical and mental health problems.

Capitalism and Stress: Part II – It is what it is!

Now which seems that it would be easier - for you to try to control the superfluity of all the unpredictable variables that influence the amount of stress you and your colleagues are experiencing, or for you to wisely manage the variables that you can and then focus on fortifying your employees with the knowledge and skills to manage their stress more effectively and

function well in the face of stressful conditions? None of what we’ve said so far is necessarily a criticism of the Capitalist Economic System. Capitalism is not a ‘thing’. Capitalism is not even a ‘what’. Capitalism is a ‘how’ or a ‘way’. Capitalism defines how human beings will interact with each other with respect to that area of the social system that we call the economy.

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Capitalism and Stress: Part II – It's about the people!

Take the people away and there is no Capitalism. So the solution to the levels of stress that Capitalism has the tendency to generate lies partly in making adjustments in your organizational paradigm, but even that is mostly dependent on changing the attitudes and behaviors of the people, the sea of individuals that are the lifeblood of any organization, corporation, agency, nation or government. Unfortunately, mainstream education has failed to prepare current and future workers for the realities of what is

happening in the marketplace. Most high-level executives already know that Capitalism is once again taking on a new face and they and their employees fall short in preparation. And globalization of the economy can produce even greater stressors that those experienced in the past. Remember, this is Social Change of the Fourth Kind (rapid, far-reaching, dynamic, relentless, unpredictable, fecundating and powerful). Don't invest millions into technology and fail to invest in your people.

Capitalism and Stress: Part II – 21st Century Training

So instead of dealing with local communities and consumer concerns, now supervisors, managers, executives, and the CEO has to be concerned about international political affairs, wars, and sabotage or terrorism when making projections about the direction and future of their piece of the global market. We can't or won't go backwards, so we might as well prepared ourselves to move forward with health, vigor, firm footing, and

a clear head. There are some old remedies to our stressful existence. Ways of getting to the eye of the storm and away from the force of the winds. There are thousand-year old methods of focusing the mind, regulating the breath, and moving the body that can be life saving for both U.S. workers and profit saving for the U.S. organizations and corporations that employ them. That's what SEI can do for you!

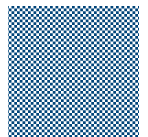
About Our Organization

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: