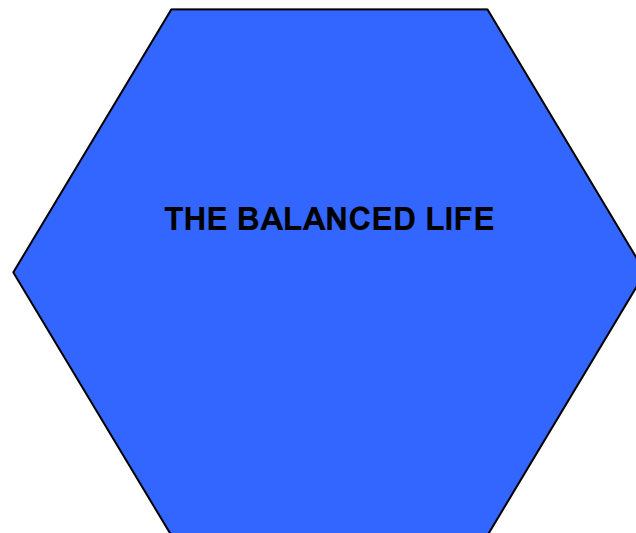


Holistic Approach:

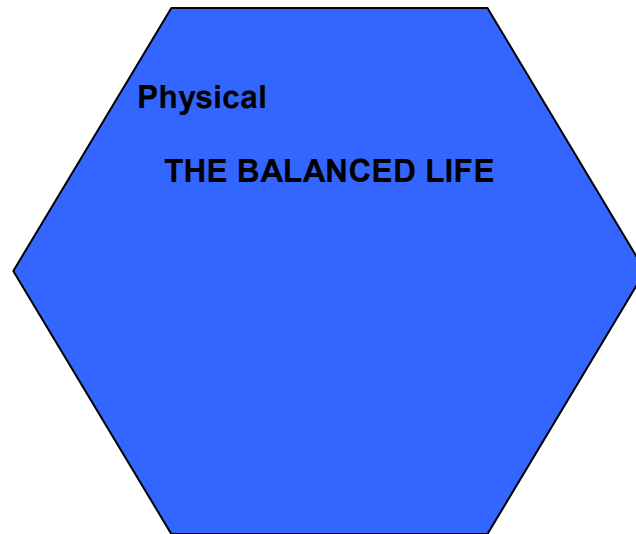
Competency Inc. believes that wellness is multifaceted. The body-mind-spirit link has many facets that must be continually examined for balanced and healthy productive living.



Imagine a balanced life being like a six-sided table. Under the six-sided table there, naturally enough are found six legs. Now the table would not be balanced if one of the legs of the table was missing, weakened, shortened, or lengthened. The table would either collapse or become so wobbly and out-of-balance that it would be virtually useless. **Our lives are the same.**

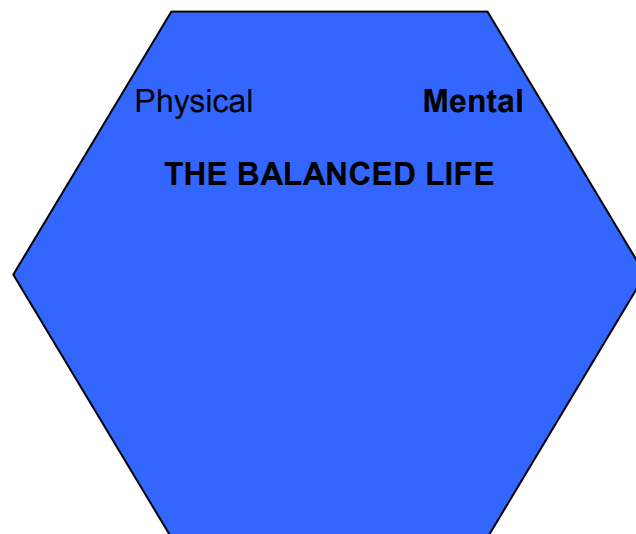
If an important aspect of our life is out of balance, i.e. given too little attention, our whole life is out of balance. Having an out of balance life takes away our ability to deal with the normal stresses in life. Having a balanced life allows us to face normal stresses as well as catastrophic events with greater ease and success.

We at Competency Inc. believe that there are **Six Main Components** to our life. In addition to the Six Main Components there is a **Principle of Habit** that if performed regularly and thoroughly keeps the six components in balance.

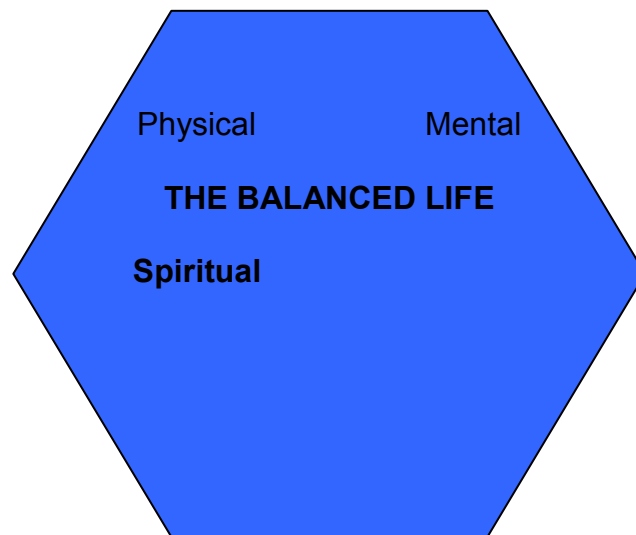


First, there is the **Physical Component** to life. This is how we maintain our physical body so that we can sustain our ability to function as efficiently as possible. Disease, illness, physical pain, poor diet, lack of exercise, bad physical habits, and lack of rest, can individually or collectively hamper our efficiency and hamper our competency to perform tasks.

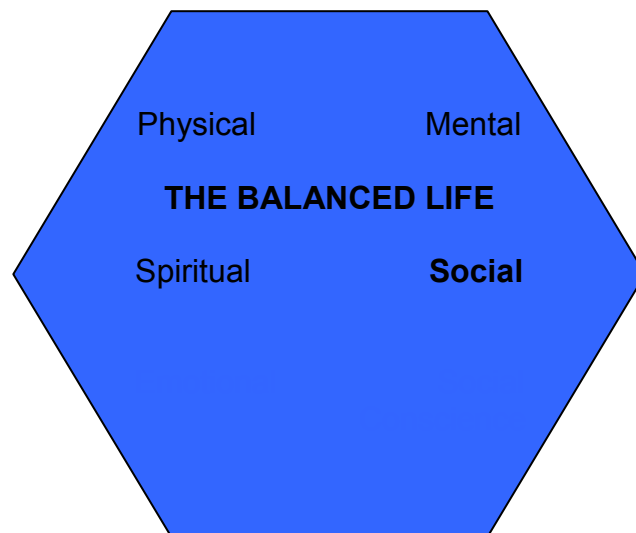
Often by focusing on proper diet, exercise and adequate rest, individuals can minimize their physical limitations and improve their efficiency and competency at tasks.



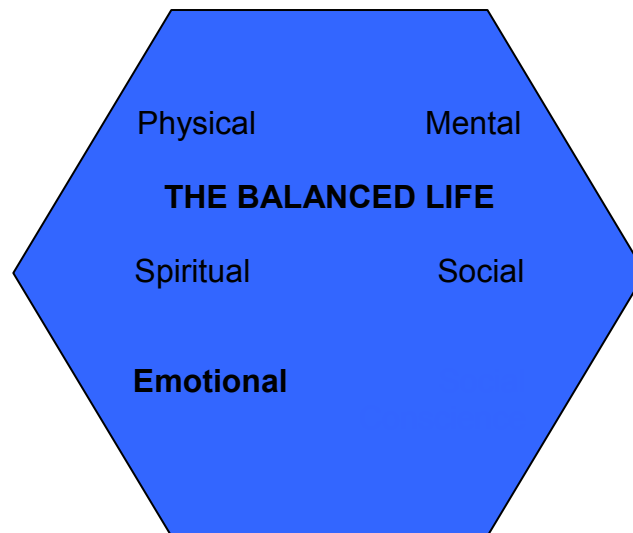
Second, there is the **Mental Component** to life. This is how we manage our thought processes to be able to think clearly and logically. The human brain, like every other organ of the body, needs a workout to stay healthy. Doing mentally challenging work or intellectually challenging recreational activities helps sustain our ability to reason. Excessive focus on things that do not challenge the mind can stunt our thinking processes. Reading, doing puzzles of various forms, and participating in engaging discussions help expand the mind's ability to function efficiently and competently.



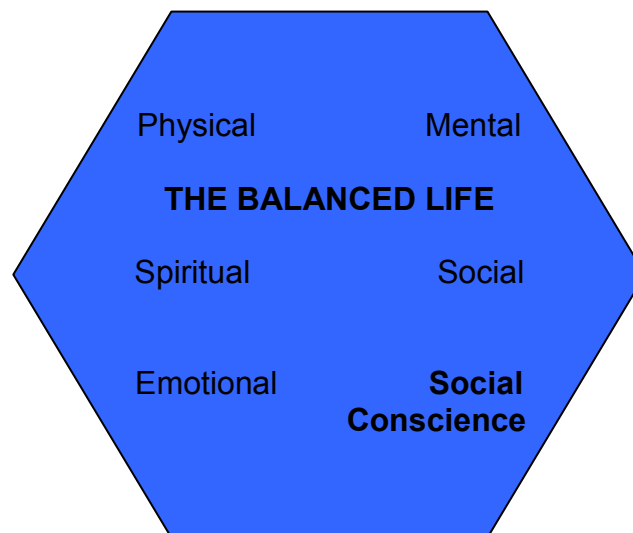
Third, there is the **Spiritual Component** to life. Those people who believe that they are the sole centre of the universe suffer from a psychological pathology called a Narcissistic Personality Disorder. **Whether we like it or not there is something that is greater than our own selves.** Some people believe in God, for others there is a belief in a higher power or greater principle to life. Connecting with these spiritual forces and or principles is an important aspect to having a healthy balanced life.



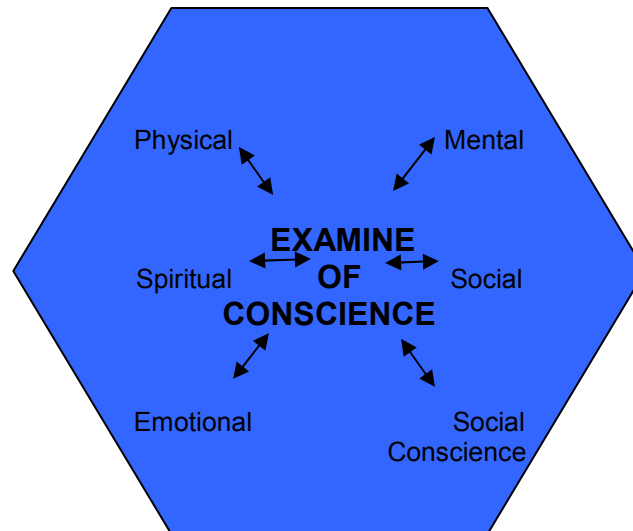
Fourth, there is the **Social Component** to life. Humanity is a social species. If a lone human, a Robinson Crusoe, survives a life of isolation, she/he suffers ramifications to her/his balanced life. Society helps us thrive, grow and reach our potentials. Having a healthy social life where one is both supported and supports her/his community is important to a balanced life.



Fifth, there is the **Emotional Component** to life. Humans are not unemotional automatons. We have feelings and emotional needs. These **emotional needs need to be honored with suitable attention** for a balanced life to be maintained.



Sixth, there is the **Social Conscience Component** to life. Having a strong urge to help better society, and the ability to follow up on that urge with practical application is known as having a Social Interest. (Alfred Adler) We at Competency Inc. believe that promoting the development of a strong Social Interest in our clients, is both our client's and society's best interest.



As mentioned earlier there is a **Principle of Habit** that keeps the Six Components in balance. This Principle of Habit is an age-old principle has been called many things. We at Competency Inc. call this Principle of Habit the Examine of Conscience. During an Examine of Conscience an individual asks herself/himself and reflects upon the response:

1. What went on during the day?
2. What worked well during the day?
3. What things happened that did not work so well?
4. What things need to be done differently?
5. Did I do a good job in caring for my:
 - a. physical needs,
 - b. mental needs,
 - c. spiritual needs,
 - d. social needs,
 - e. emotional needs.
6. How did I display my Social Conscience in positive ways today?
7. How will I improve things tomorrow?

Using a daily Examine of Conscience is an effective way to maintain the various components of our lives in a balanced way.