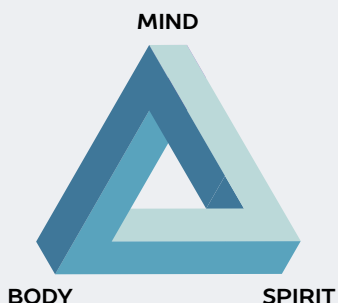




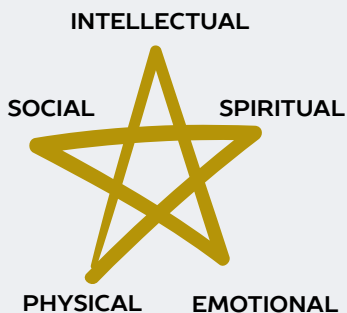
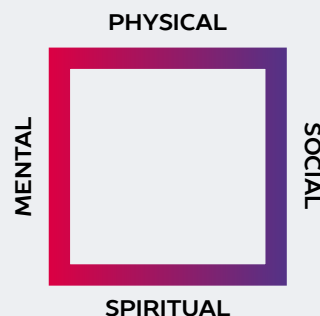
In Chinese philosophy, yin and yang , or the Tai Chi Symbol, describes how seemingly opposite forces may be complementary and interconnected. Yin energy is being who we are. Yang is doing what we do. These opposite forces can be described as female and male, like and dislike, good and evil, hot and cold, positive and negative, and so forth.

The Modes of Persuasion model, introduced anciently by Aristotle, appeals to ① ethos - authority or credibility, ② pathos - emotions, and ③ logos - logic.



While the origins of who discovered the connection between our mind, body, and spirit are unknown, we do know that those elements make up who we are as a whole. What imprints on one area imprints the whole.

Dr. Stephen R. Covey assembled the above model which he called “Sharpening the Saw.” He taught that we should all seek continuous improvement and renewal, professionally and personally, in these four categories.



The 5 Dimensions of Wellness model outlines five areas that need to be in balance in order to be considered well. This model was created based on a study of people in more than 150 countries conducted by Tom Rath and Jim Harter.

Me We Do Be was developed by Dr. Randall Bell. It places emphasis on balance in the four cornerstones that encompass all aspects of life. The Me cornerstone reflects mindset. We, relationships. Do, productivity, and Be, your legacy.



Since ancient times, people have looked for a formula for balance and self-improvement. Over time, the formula has been changed and refined, leading to Dr. Bell’s “Me We Do Be” four cornerstone model.

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