



## **Bridging The Divide Initiative**

### **Understanding and Managing your Personal, Social, and Organizational Lifestyles through a Systems Thinking Approach**

Start your 2019 new year off by putting some of your new and old ideas into practice with a renewed spirit of commitment coupled with a new growth mindset, adaptable toolset, and proficient skillsets to help you manage and improve your lifestyle. Let Systems Thinking show you how!

Because so many of the things and events that occur in your life are directly linked to social networks and organizational patterns, they are systemic by nature; therefore, gaining a basic and fundamental knowledge of how systems work will make life a lot easier!

A Systems view of life puts a new emphasis on complexity, networks, and patterns of organization in living systems; it involves a new kind of thinking—its focus is on the interconnections, interrelationships, and interdependence of the elements (people, animals, plants, organisms etc.) of a unified whole which defines who you are (biological) and how you behave (sociological). Systems thinking provides a holistic view of life.

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