

The Four Fits of Holistic Growth - Course Syllabus
Instructor: Dr. Terrence Duncan
Length of Course: 1 hour and 42 minutes

About the Course:

Welcome to the Four Fits of Holistic Growth. The course is to help identify different approaches to achieving personal motivation and self-development. The course content can help individuals or organizations (i.e., team-building exercises, book series, or professional development). The overall scope of the course is to outline the four areas of fitness people must address to achieve holistic balance, peace of mind, and clarity to achieve personal goals and objectives. The approach is a philosophy developed by Dr. Terrence Duncan to achieve these areas of growth, self-awareness, relationship building, and addressing their emotions when engaged in many of life's challenges.

The course consists of five (5) learning modules of varying lengths. Going through each module in sequential order is recommended as each module provides connectivity between key learning objectives, thus providing learners a holistic experience.

Each of the Four Fits contains different axioms, which build the foundation for that particular Fit. Each axiom contains interactive worksheets to assist ongoing development, self-identification, and awareness. The axioms enhance the learning objectives by applying the worksheets to underscore each foundation.

The modules and key learning objectives are as follows:

Module 1 – What are the Four Fits of Holistic Growth?

- Discuss the Four Fits of Holistic Growth approach
- Learning material – One worksheet

Module 2 – The Spiritual/Mental Fit

- Illustrate mental awareness and its approach towards personal development through five axioms
- Learning Materials - Five axioms and worksheets.

Module 3 – The Emotional Fit

- Recognize emotions and how it affects personal development and growth.
- Learning materials - Five axioms and worksheets

Module 4 – The Financial Fit

- Identify financial resources to achieve goals through resources and maximizing opportunities.
- Learning materials - Three axioms and worksheets

Module 5 – The Physical Fit

- Contrast physical health and personal development and growth.
- Learning materials – Three axioms, two worksheets.