

INQUIRY INTO ISSUES RELATING TO REDFERN/WATERLOO

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Theme:

Summary

Life Engineering

Your Physical Fitness + Your Mental Strength = Your Risk-Reduction

ABN 2542 8379 129

NSW VETAB accredited



Director
Standing Committee on Social Issues
Legislative Council

29-3-04

Dear Director

I refer to your Call for Submissions - Issues relating to Redfern/Waterloo.

The Life Engineering solution.

You can reduce your risk.

Self-management skills tend to deteriorate.

You can reduce your risk of self-management short-fall by keeping a personal record of how well you manage.

Explanation

'You all have to battle, every day, against the universal tendencies towards excessive stress' from Entropy Professor Stephen Hawking.

In the absence of a good job, the work-ethic, or a similar culture you are at high risk of losing this battle. Since management is risk reduction, you can reduce your risk by continually practising your management skills.

Problem Since there is a universal tendency towards a lack of structure, and life, health and management are all forms of structure, we have a problem in that no-one can stand too much structure. How can you achieve stability when the destabilising forces are so unpredictable?

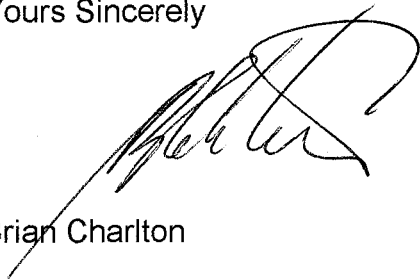
As soon as you have a structure you have the risk of excessive stress within it. Excessive stress means an excessive risk of excessive destruction, whether abstract or not. Examples are poor health, escapism (drugs, petty crime) and violence -irrational, unrealistic solutions, unlikely to be those derived from common-sense or top-quality management decision-making.

2.

Solution Life Engineering is a New South Wales Vocational Education and Training Accreditation Board Certificate IV course.
It is a self-management skills program.

Would a system of personal violence prevention be of interest to any of your clients, since excessive violence is a risk and Life Engineering is a risk reduction system ?

Yours Sincerely

A handwritten signature in black ink, appearing to read 'Brian Charlton', written over a diagonal line.

Brian Charlton