



Integrated Whole Person Capacity (SPINE) Definitions

Greatness takes your whole self. Leverage your internal resources for agility, resilience and effectiveness. These statements acknowledge the integral relationship among the spiritual, physical, intellectual, intuitive and emotional aspects of self. We call this SPINE power.

Spiritual

Cultivate a sense of meaning, purpose and community at work.

Physical

Manage well being and energy; use the body as a signaling system.

Intellectual

Develop comfort with complexity and ambiguity; think systemically.

iNtuitive

See patterns in unrelated data; enhance creativity and insight.

Emotional

Value emotions as information; regulate emotions and attune to self and others.