

## Spirit

### What is spiritual intelligence?

There is no universal definition or agreement on what constitutes spiritual intelligence. Spiritual intelligence is not about religion or faith. Although, people-of-faith and religious are often spiritual.

Most definitions of spiritual intelligence (SI) are centred on **meaning** and **purpose**. Although difficult to measure in the same ways as traditional intelligence quotient (IQ) and emotional intelligence (EI), spiritual intelligence may be the most important of all intelligences because it informs, guides and directs the others.

### Meaning and Purpose

What is the meaning of life? Why am I here? What is my purpose? What will be my legacy? Does any of it matter?

These are the big questions that we have been trying to answer for millennia. The driver who is spiritually intelligent seeks to find answers that will help anchor their behaviour in something meaningful. SI influences behaviour because it helps clarify what's important and what's not. SI influences motivation to bring a driver's values and behaviour into alignment.

### Alignment and connectedness

Spiritual people generally seek to be aligned and connected with their highest values, beliefs and aspirations. To be aligned with one's values, first one needs to be clear on those things that are most important.

There are proven teaching strategies that can be used in the classroom to help learners clarify their values and beliefs. Self assessment tools can be used to determine if a driver is connected, congruent or in accord with those ideals.

### The 4-Ways Driver Training Model<sup>©</sup>

People rarely crash because that can't drive. Indeed most people can tell you what they think safe driving is, and what it's not. Still, there are times when we drive more carefully than others even though we know there is a safer way. We won't normally change the habits of a life time unless we're committed to change. Change comes from thinking differently about what's really important to me. Once I've clarified my values, I can ask the question "Am I aligned? If not, why not?".

Every driver can look to find opportunities for positive change. But most drivers need help developing the mental skills needed to take ownership of not-at-fault crashes, combat optimism, manage emotions and come into alignment. That's why we built the 4-Ways Driver Training Model<sup>©</sup>

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