

## Stay Attractive during Challenge

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### INTRODUCTION:

Our condition determines the operation of our business. We not only represent ourselves, but also represent our business. Business image determines their opportunities and development. Internal and external challenges can motivate us, and can also slow down our thinking, exhaust our body and spirit, age us fast, and make us die young. In order to stay attractive and energetic to face challenges, we need to build up a complete and personal system. To achieve success is incomplete—the winners need to be able to enjoy their success as well.

### BENEFIT:

1. Enjoy full energy and great looking;
2. Represent business and self better;
3. Have more opportunities and resources;
4. Maximize the ability to manage emotion, challenge, adversity, health and life;
5. Enjoy work and life better.

### WHO SHOULD ATTEND:

Leaders, top executives, talents and others in general management, finance, marketing, IT, product development, manufacturing and others.

This program is especially beneficial to those whose image, decision-making, performance and energy are critical, and whose life is full of stress and challenges.

### COURSE OUTLINE:

#### A. Build Up Personal Restoration System:

1. Be aware of all aspects of personal optimal level of performance;
2. Create a personal relaxation system, and enjoy life better;
3. Use bodybuilding diet;
4. Create a rewards system;
5. Learn to sleep flexibly, and ensure the quality of sleep;

**B. Have a Happy Inner Self , Optimize Personal Charisma**

1. Sharpen insight into self and others;
2. Stay young in mind, have a healthy and happy self;
3. The world latest developments in staying young;
4. Optimize personal charisma, minimize weakness in image;
5. Identify others' blind spots in decision –making, and inject charm into communication and behavior;

**C. Challenge, Stress and Aging:**

1. Introduction of stress;
2. Responses to stress, and affecting factors;
3. Negative symptoms of Stress;
4. Who are more vulnerable to stress;

**D. Prevent Challenge and Stress:**

1. Recognize and eliminate environmental factors that can lead to challenges and stress;
2. Recognize and eliminate personal factors that can lead to challenges and stress;
3. Enhance problem-solving and change management;
4. Build up a personal charging system;

**E. Utilize and Transform Challenge and Stress:**

1. Utilize stress at times of challenge;
2. Keep a clear mind and full energy;
3. Look into underlying problems, eliminate and transform causes, restore self efficiently;

**F. Crisis Management**

1. Crisis Management;
2. Another Opportunity vs Failure.

**G. Take Charge of Health and Lives:**

1. Discard the bad health habits and concepts;
2. Avoid costly health mistakes;
3. Learn the necessary self-help during emergency;
4. Learn to select and evaluate experts.

**COURSE DURATION:** 2 -3 day

**WORLD CLASS FACULTY:**



Dr. Bin Yang graduated from Fudan University, and studied Medicine, Law and Business in the US and China. She is the CEO and Consultant of The Prince Synergy, and focuses on decision-making and optimal performance. Dr. Yang treats the human mind, body and relationship with self and society as one integrated system. The key of her services is to integrate her know-how in optimization of human potential through medicine with her asset in business and law. She enables her clients to get ahead rapidly, protect optimal performance, and stay ahead at time of challenge and adversity.

Dr. Yang gives charisma more content, and protect it with firewall. She has enabled a CEO burnout for 9 months to resume optimal level in a few hours, and helped a lady with 30-year severe insomnia restore youth in 2 weeks. She is a life sample of staying young and energetic.

While The Prince Synergy has received enormous press at Forbes, Dr. Yang has been listed as a top expert in change management for CEOs, and in stress management for business and school. Many of her articles have been published at Forbes CEO Network, Harvard Business Review China and Chief Executive. Dr. Yang has been invited to give lectures at top business schools, like the Chinese University of Hong Kong-EMBA, China Europe International Business School, Beijing University-EMBA, Fudan University CEO class, University of Southern California and more. Her hobbies include tennis, horseback riding and fashion design.