



A Leading Resource in Executive Human Capital Development

一个致力于高端人力资本发展的世界领先

**Get Ahead, Stay Ahead**

走向领先, 保持领先

Hands-on Training and Consulting

实践课程及管理咨询



福布斯, 哈佛商业评论, 欧洲投资人等

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## From the CEO

Businesses and individuals not only need to get ahead, but also need to stay ahead, and sustain their success. Our ability within--human capital-- is the best to protect our business and life. Our mission is to turn executives into optimal human capital, so to lead their business to get ahead, and stay ahead from serious internal and external challenges.

Central to our success is that we understand the power of human capital as well as its internal and external restrictions. We can commit full range of expertise to maximize our clients' successes, and let them have a smoother journey. In the meantime, we continue to explore new views, analyses, and solutions.

We are grateful to the international recognitions that are also a testament to our commitment to that mission.



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# ABOUT US

The Prince Synergy is leading resource in human capital development, a professional coaching and consulting organization based in Los Angeles, CA. Our mission is to help ambitious businesses and individuals grow rapidly, get ahead, and stay ahead.

We are grateful for the enormous press from Forbes, and being listed as a top expert in change management for CEOs, and in stress management for business and school, and invited to give lectures at top business schools worldwide.

## **Key aspects underlying The Prince Synergy's success include:**

1. We treat the human ability, health and relationship with self and society as one integrated system. Our key concepts: (1) Human Software Updating, (2) Stress Management, and (3) Staying Healthy.
2. What truly set us apart is that we have been through each stage of the human journey, and can commit the full range of our expertise to optimize our clients' success.
3. We enhance human capital at both micro and macro levels, and emphasize a comprehensive approach instead of one single tool for all problems.\* As a result, the more clients' challenge is, the more synergistic our service can be, and we have broken several world records.
4. Our training uses the Case Practices, simulation exercise, tests and discussions.
5. We are problem solvers with a passion for excellence, and believe that we can only be successful if our clients are successful.

## **The Benefit We Deliver:**

BUSINESSES ----Maximize revenue streams while minimizing operational costs.

INDIVIDUALS---- Maximize personal and professional achievement, and prevent hardship.

***If Forbes is good at optimizing your Financial Capital,  
The Prince Synergy is good at optimizing your Human Capital!***

\*“for the lion does not defend himself from traps, and the fox does not defend himself from wolves. He (the prince) must, therefore, be a fox to recognize the traps, and a lion to awe the wolves. Those who simply stick with the methods of the lion do not understand this.” ----Niccolo Machiavelli, *The Prince*

## WHAT WE DO

The key to our service is our ability to integrate our know-how in optimization and restoration of human potential through medicine with our asset in business and law, which enables our clients to be sharper, stronger and tougher.

We help our clients eliminate blind spots in decision-making, explore extraordinary opportunities, overcome development bottlenecks, and lead the world. In the meantime, we optimize their ability to take charge of challenge and adversity, and stay energetic with balanced work and life. When needed, we assist them to recover from burnout or traumatic physical and psychological injury. Having been through each stage of the human journey, we understand that it can be hard to get ahead, but can be harder to stay ahead.

We take an independent, overall, and fact-based view of our clients. We rely on facts because they provide us clarity. When issues are within our scope and our network, we will tailor our service according to client's needs, and deliver the best. Otherwise, our choices are easy and emphatic: We say "no, thank you." The following are samples of what we do:

<b>BUSINESS:</b>	Overcome development bottleneck; handle major institutional change; fasten team building; optimize innovation and productivity; optimize public image; minimize turnover and other costs in human capital, and more.
<b>INDIVIDUAL:</b>	Overcome development bottleneck; take charge of adversity and challenge; optimize and protect peak performance (decision-making, innovation, energy, etc); strengthen network; recover from burnout, physical and psychological trauma and more.

## WHO WE ARE

We are advisors to world's leading business schools as well as other institutions and individuals.

We are problem solvers with a passion for excellence. We remain intellectually curious and are highly collaborative. We are creative and flexible when seeking the right tool for clients' problem.

We do not treat individuals based on their title, but their integrity, competence and leadership.

We team up with leaders with rich experience and all kinds of backgrounds and areas of expertise from all over the world.

We hire individuals with integrity, a sharp analytical mind, creativity, leadership potential, and the ability to work with people at all levels.

We are passionate in helping the people we work with. We are proud of our set of values and a culture of supporting, caring, respect, and interdependence.

We are not a corporation tied to earnings pressures. We do not have to increase returns to our shareholders. We put our clients' interest ahead of our own.

## WHAT WE BELIEVE

We believe that we can only be successful if our clients are successful.

We believe human capital is the key of all capital and success. Having been there, we understand the power and fragility of human capital as well its impact on our success. We assist our clients to sustain their optimal human capital, get ahead and stay ahead from serious challenges.

### **Put clients' interest ahead of ours.**

We deliver more value than expected. However, this does not mean we do whatever the client asks.

### **Keep our client information confidential.**

We do not reveal sensitive information to our non-involved staff or third party.

### **Tell the truth as we see it.**

We get to real issues, and stay independent, regardless of the popularity of our views or their effect on our fees.

### **Behave as professionals.**

We stand for integrity, and we mean always. We respect different customs and cultures, as long as we are not asked to compromise our integrity.

### **Deliver the best to every client as cost effectively as we can.**

We expect that our people spend the resources of clients and company as if their own were at stake.

We believe in the power of one institution, and keep constantly high standards for service and people. We have developed a network of relationships with the best minds from broadest range of industry and functional experience around the world

We believe in teamwork and collaboration. We do not compete against each other. In stead, we believe in helping each other, and give each other tireless support.

We believe in right tool for the right job and a comprehensive approach. We are leaders who strike for the freedom to do what they think is right.

## KEY CONCEPTS:



### KEY 1. STRESS MANAGEMENT

Stress can disable our clear thinking, damage our emotions and health, and increase drug and alcohol use. Stress affects up to 80% of workers and 100% of CEOs, and is the No. 1 cause of turnover.

### KEY 2. HUMAN SOFTWARE UPDATING

We form our thinking system mostly in our first six years of life. Like software running inside us, the system profoundly affects our health, emotions and abilities to stay ahead of challenge and succeed. We can relearn and update our thinking system efficiently with the right tools.



### KEY 3. STAYING HEALTHY

Nobody can succeed and enjoy life without good health. To be able to identify health risks swiftly and select right experts will enable us to take charge of our health, and minimize office visit and hospital stay.


## SOME IMPORTANT STATISTICS:


1. How much can one innovative idea generate? \$ 57 billion—*Forbes 400*, 2008
2. Reported by “The Enterprise of the Future,” a global CEO study by IBM in 2008: only six in 10 CEO’s are able to manage successfully.
3. The Institute of Executive Development has reported that almost one in three senior-level executives fail to perform well enough even two years after they join new companies (2008)
4. Studies indicate that emotional quotient can affect executive success 9 times as much as Intelligence quotient can.
5. According to a Q2, 2008 survey of Vistage (an international organization for CEOs), out of 2,400 participating CEOs, 100% of them are suffering from stress.
6. Watson Wyatt Worldwide reported that 52 % of the participating companies are struggling to retain their top-performing employees, mostly due to work-related stress (2007).
7. Stress costs U.S. corporations \$300 billion annually in medical costs, turnover and absenteeism (American Institute of Stress, 2007).
8. According to the National Coalition on Health Care, U.S. health care costs have climbed from 7.2% of the gross domestic product in 1970 to 16% in 2005. The health care costs add up to \$2 trillion, and is expected to be 20% of GDP by 2015.
9. A *WebMD* study indicated that one health risk reduction can improve a person's attendance by 9% and reduce absenteeism by 2% (2006).

## PRESS

The Prince Synergy is very grateful for the enormous press received from *Forbes*, *Smart Money*, *EuroInvestor*, *NBC*, *Morning Star*, *MarketWatch*, *Hollywood Reporter*, *myFOX*, *MomMD*, *NewsRx*, *MCOL*, etc. More articles are published at *Forbes CEO Network*, *CHIEF EXECUTIVE* and *Harvard Business Review-China*.

- \* The Prince Synergy partners with Business School of The Hong Kong University of Science and

Technology (#2 EMBA worldwide). (9/16/09) 

- \* The Prince Synergy partners with Fudan University—Executive Education and Charming CEOs Program (#8 EMBA worldwide). (7/8/09) 

- \* The Prince Synergy partners with Harvard Business Review China. (6/3/09) 

- \* EMBA of the Chinese University of Hong Kong (#11 worldwide) invites CEO Dr. Yang for lecture

(5/20/09)  香港中文大學  
The Chinese University of Hong Kong

- \* China European International Business School (BS #8 worldwide) invites The Prince Synergy for Executive Forum. (2/24/09)



- \* The Prince Synergy Beats Harvard in Full Recovery of Traumatic Brain Injury! (8/19/08)



- \* "How Should CEOs Deal With Stress?" is chosen by Forbes CEO Network (8/11/08) and CHIEF EXECUTIVE (8/25/08).



- \* Vistage (an international organization for CEOs) interviewed CEO Dr. Yang regarding management in intense stress and regular work-place stress for their CEO members. (7/29/08)



- \* Experts Available to Discuss Study on How CEOs are Managing Change (6/04/08)



- \* Optimize Your Human Capital, Reduce Health Cost, Turnover and Absenteeism Now with The Prince Synergy(3/04/08)



- \* Experts Available to Discuss Study Showing Stress Causes Workers to Leave Jobs (12/20/07)



- \* Take Charge of Your Health, Control Medical and Subsequent Costs Now with The Prince Synergy 9/25/07)



- \* Experts Available to Discuss Rising Stress in Young People (8/29/07)



- \* Injured Iraq Veterans Offered Proven Rehab Program Free by A World's Leading Resource, The Prince Synergy (7/10/07)



\*Forbes CEO Network is for CEOs and senior executives, and requires username and password. Contact us if needed.

# Consulting



**T**he Prince Synergy provides consultation to industries, organizations, schools, universities, groups, parents and others. We focus on Decision-making, Optimal Performance, Execution, Crisis and Change Management, Efficient Learning and more. The following are some samples:

## **BUSINESS:**

Overcome development bottleneck;

Handle major institutional change;

Fasten team building;

Optimize innovation and productivity;

Optimize public image;

Minimize turnover and other human capital costs;

Benefits Design and Cost Control

Team Wellness and Safety.

## **INDIVIDUAL:**

Overcome development bottleneck;

Take charge of adversity and challenge;

Optimize and protect peak performance (decision-making, innovation, energy, staying young and more);

Improve ranking

Strengthen network;

Recover from burnout;

Recover from physical and psychological trauma.

## Overcome Development Bottleneck, Control Adversity and Risk!

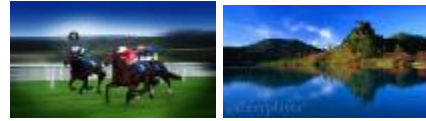
It is exciting to decide on uncertain futures, and face challenge and adversity. Associated stress can also destroy our clear mind, emotions, health, and age us faster. Blind spots in decision-making can make us not to see that we should, nor utilize right resources. Being able to identify others' blind spots swiftly is also important in overcoming development bottleneck. Studies also find that Emotional Quotient impacts executives' success 9 times as much as IQ does. However, only six in 10 CEO's are able to manage successfully (IBM).

There is no effective decision-making without good health. However, many executives only have sub-optimal health, or even die young. The main death causes, like heart disease, suicide and stroke, are closely linked with stress and health management. The two are also important tools to reduce turnover, medical care costs and absenteeism (American Institute of Stress and Watson Wyatt Worldwide).

Human ability, health and relationship with self and society are one integrated system. To emphasize one aspect cannot prevent problems from others. A comprehensive approach not only is necessary, but also creates synergy. This program help participants strengthen their competition in an integrated manner:

### A. Eliminate Blind Spots in Decision-Making, Lead the World

1. Definition of blind spots in decision-making;
2. The causes of blind spots;
3. Prevent blind spot in decision-making;
4. Reduce blind spot in decision-making;
5. Identify other's blind spots swiftly;
6. Common blind spots in business management and solutions;
7. Common blind spots in cultural differences;



### APPLICATIONS:

1. Development bottleneck;
2. Serious challenge, adversity, and unexpected major change;
3. Peak performance (decision-making, leadership, innovation, energy, etc);
4. Burnout;

### BENEFITS:

#### Individual:

1. Optimize decision-making, leadership, creativity;
2. Overcome development bottleneck with easier loading;
3. Maximize the ability to manage challenge, adversity, risk and emotion (EQ and AQ), and solve problem better at times of crisis.
4. Protect decision-making, innovation, prevent and reduce burnout;
5. Optimize ability to take charge of health and life, Health Quotient, run business with full energy;
6. Enjoy work and life.

#### Business:

1. Maximize revenue streams as well as executives' leadership, decision-making and execution.
2. Keep top-performing employees, and minimize absenteeism, sick leave and other human capital costs.

## **(Executive Synergy Program 2)**

### **B. Take Charge of Challenge and Adversity, Make Your Job and Team's Easier:**

1. Challenge and Stress;
2. Prevent challenge and stress;
3. Look into underlying causes, eliminate and transform causes;
4. Restore self and team efficiently;
5. Identify negative effect of stress rapidly, and give efficient solutions;
6. Crisis Management;
7. Find more time for implementation;

### **C. Run Business and Life Energetically:**

1. Establish health baseline;
2. Optimize your health;
3. Minimize doctor visits and hospital stays;
4. Self-rescue at times of emergencies.

In addition to the human potential, this program contains all element in custom program "Eliminate Blind Spots in Decision-making, Overcome Development Bottleneck," "Win in the USA/China," "Stay Ahead of Challenge, Make Your Job and Your Team's Easier," and "Challenge/ Stress to Success Program" and "Executive Health and Life Program."

### **CLASS FORMAT:**

Through group exercises, the Case Practices and others.

### **WHO SHOULD ATTEND?**

Leaders, top executives and others from general management, finance, marketing, entertainment, IT, law, real estate, product development, manufacturing and more.

The program will be more beneficial to those who long to overcome their development bottleneck, and lead the world; whose work and life is full of challenges and stress; who need to protect optimal level (decision-making, creativity, energy, etc); and who need to reduce turnover, absenteeism, and enhance productivity and innovation.

**COURSE DURATION:** 4 days

# Custom Program

**Forbes** Magazine A Top Expert in Change Management for  
CEOs and in Stress Management for Business and School.

**Your Needs  $\implies$  Your Program**

**E**ach individual, group, school or institution may have its own needs and priorities. The custom program has no specific scenario. The Prince Synergy will make an exact assessment to design and deliver **A Program that Targets Your Needs Precisely.**

**SAMPLES** ( with brief outline):

## 1. Eliminate Blind Spots in Decision-making, Overcome Development Bottleneck \*

People often run into development bottleneck. While looking into strategy, marketing and management for more resources, decision-makers also need to be aware of the blind spots in their decision-making process – we may not be able to see what they should, nor want to see what their ought to. As a result, we will not utilize resources efficiently. In addition, being able to identify others' blind spots swiftly is also essential to overcome development bottleneck. Decision-making determines the rise and fall of businesses and self.

Furthermore, decision makers need enough time and energy to execute their strategies, and enjoy their success at the end.

- A. Definition of blind Spots in decision-making;
- B. Causes of blind spots in decision-making;
- C. Prevent blind spots in decision-making;
- D. Eliminate blind spots in decision-making process;
- E. Identify the blind spots of others swiftly;
- F. Find more time for execution, and stay energetic.



### CLASS FORMAT:

Through group exercises, the Case Practices and others.

### BENEFITS:

1. Help participants step out of common thinking, sharpen their insights into self, optimize self management, and improve their decision-making quality.
2. Identify others' blind spots quickly, explore more opportunities & resources;
3. Lead team better, prevent hardships, overcome development bottleneck.

### WHO SHOULD ATTEND:

Leaders, Top Executives and others in general management, finance, marketing, IT, product development and manufacturing.

The program is more valuable to those who need to overcome development bottleneck, or improve their ranking; who need to face major challenges; who desire to restore their peak performance quickly, or recover from burnout.

**COURSE DURATION:** 2-3 days

(Custom Program 2)

## 2. Stay Ahead of Challenge, Make Your Job & Your Team's Easier

The journey to success is not always smooth. Challenge and adversities can motivate us, but its stress can also destroy our decision-making, creativity, health, and age us fast. Drug and alcohol use often bring more disaster to the future. Emotional Quotient can affect an executive's success 9 times as much as IQ can.

Studies have found that how to manage workplace stress has become increasingly important in keeping top performing employees, and control of medical costs and absenteeism. Is your work and life full of challenges and stress? Has stress threaten your decision-making, creativity and energy? Does your enterprise need to improve work efficiency, innovation, and minimize turnover? If so, this program is designed for you.

- A. Challenge and Stress;
- B. Avoid challenge and stress;
- C. Look into underlying causes, eliminate and transform challenge and stress;
- D. Restore team efficiently;
- E. Crisis Management.

## 3. Win in the USA /China, and Lead the World

High aspirations, endless ambitions and even setting foot on the new land are only the beginning of going to the USA/China, and lead the world. Due to local pre-justice and anti-foreigners, it is necessary for foreigners to know the new land better than natives, and do better than natives. In addition to language, net work and skills, many other factors can make the new expansion successful or failure. This program is designed to prepare ambitious participants in a comprehensive manner:

- A. Be familiar with culture differences, and adapt fast: Standards, Customs, Beliefs and more.
- B. Prepare comprehensively: potential, language, help from upper class and other skills.

### BENEFITS:

#### Individual:

1. Minimize workload, get job done better and quicker;
2. Optimize Emotional and Adversity Quotient as well as problem solving at times of crisis;
3. Be able to protect decision-making, innovation and health efficiently.
4. Prevent burnout, alcohol and drug use, enjoy work and life better.

#### Business:

1. Get job done efficiently;
2. Strengthen executives' leadership;
3. Keep top-performing employees, maximize productivity, innovation and work efficiency.
4. Minimize absenteeism, sick leave and other human capital costs.

### WHO SHOULD ATTEND?

Leaders, Top Executives and others whose decision-making, creativity and health are threatened by stress and challenges; who want to maximize productivity, work efficiency, and minimize turnover and health costs, etc.

**COURSE DURATION:** 2 days

### BENEFITS:

1. Know USA/China better than natives.
2. Break into new market more smoothly, and lead the world;
3. Get help from US/Chinese upper class, not just Chinese/US neighborhood.
4. Be able to handle unexpected changes efficiently.

### WHO SHOULD ATTEND:

Ambitious Leaders, Top Executives and others who long to have his/her own world in the USA/China for at least 3 months.

**COURSE DURATION:** 5 days

**(Custom Program 3)**

- C. Understand US/China legal, financial, medical and social systems well, and be aware of its resources, risks and risks for foreigners.
- D. How to handle unexpected challenges and crises.

**4. Stay Attractive During Challenges \***

Our condition determines the operation of our business. We not only represent ourselves, but also our business, and determine our 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 even make us die young.

In order to stay attractive and energetic during challenges, we need to build up a comprehensive personal system. Furthermore, no success is complete without the winners to pick up their trophy.

- A. Restore self efficiently with flexible sleep, diet, relaxation, reward, etc. Prevent self-made pressure, reduce and transform real one;
- B. Keep a happy inner self, and sharpen insight into self and others;
- C. Optimize personal charisma, and be aware of world latest development in staying young.
- D. Take charge of health and lives.

**5. Your Program:** Please contact us.

\*\* Please contact us for detailed outlines of the above programs.

**BENEFITS:**

1. Stay at optimal level at times of challenge, enjoy full energy and great looking;
2. Represent business and self better, and identify more opportunities and resources;
3. Maximize ability to manage emotion, challenge, adversity and health;
4. Enjoy work and life better.

**WHO SHOULD ATTEND:**

Leaders, Top Executives and others in general management, finance, marketing, IT, product development, manufacturing and others.

Especially those whose image, decision-making, performance and energy are critical, and whose life is full of stress and challenges.

**COURSE DURATION:** 2-3 days

# Challenge/Stress to Success

## Walk from Challenge and Stress to Success

**T**he journey to success is not always straight forward. Adversity can motivate us, but its stress can also destroy our mind, health and emotions, and age us fast. Vistage 2008 reported that 100% of 2400 CEOs participated in the survey suffered from stress. Drug and alcohol use often bring more disaster to the future. Studies find that Emotional Quotient (EQ) can affect executives' success 9 times as much as IQ can.

In addition, how executive manage workplace stress has become increasingly important. Do you also need to improve work efficiency and innovation, and reduce turnover and human capital costs? If so, please attend our custom course "Make Your Job and Your Team's Easier."

### A. Challenge and Stress:

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

### B. 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;

### C. 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;

### D. Crisis Management

1. Turn crises into opportunities;
2. Deal with Failure.

Compared with this program, the Executive Synergy Program explores more in potential, leadership and health quotient, and offer more synergistic tools. The Custom Program targets unique needs precisely.



### APPLICATIONS:

1. Improve peak performance, decision- making, and innovation.
2. Improve work efficiency, and productivity, minimize turnover and health costs.

### BENEFITS:

#### Individual:

1. Optimize Emotional and Adversity Quotient. Solve problem better in crisis;
2. Avoid hardship, prevent stress, and make job easier;
3. Be able to protect decision-making, innovation and health efficiently.
4. Get job done better and quicker;
5. Prevent burnout, alcohol and drug use, enjoy work and life better.

#### Business:

1. Strengthen executives' leadership;
2. Get job done more efficiently.

### WHO SHOULD ATTEND?

CEOs, Chairmen, Executives and others whose optimal level, decision-making, creativity and health are severely threatened by stress and challenges.

**COURSE DURATION:** 2 days

### CLASS FORMAT:

Through group exercises, the Case Practices and others.

## Enjoy Business and Life Energetically

**T**here is no sharp decision-making, good image, and effective implementation without health and life. Executives' health and life not only affect self, but also their business, partners and others. But why more executives have sub-optimal health? Why more abuse alcohol and drugs, and die young? The unique environment demands unique health and life needs.

Who is the first person to discover our problem? Self. Will you go to see doctor if you cannot recognize your illness? When there is no enough time to go to hospital, or doctors misdiagnose, how you handle can determine your life or death, recovery or disability. This special program help executives well protect their health, life and business.

### A. Set Up Personal Health Base Line:

1. Human systems vs Medicine systems;
2. Know all aspect of personal health;
3. Self-exam;

### B. Stay Well

1. Stay fit, keep up with the latest developments;
2. Have sharp insight into self, remove bad habits;
3. Manage stress, avoid alcohol and drug abuse;
4. Prevent common diseases;

### C. Minimize Doctor Visit and Hospital Stay

1. Select Right Experts and Evaluate;
2. Have an Efficient Office Visit;
3. Shorten Hospital Stay;
4. Acupuncture, Herbs and More;

### D. At Time of Emergencies

1. Common Costly Mistakes
2. How to do (CPR) and other self-rescues.

### E. Recover Fast from Injury

1. What makes recovery difficult?
2. How to get back to work and life faster

This program was first featured in *Forbes* in September 2007. The Executive Synergy Program also explores leadership, and Emotional and Adversity Quotient. The Custom Program targets your unique needs precisely.



### APPLICATIONS:

1. Executives and Others;
2. Suspicious health management.

### BENEFITS:

#### Individual:

1. Optimize Health Quotient, and take charge of health and life;
2. Take better care of self and loved ones.

#### Business:

1. Lead team with full energy and sharp decision and execution;
2. Minimize human capital related loss, including company stocks.

### WHO SHOULD ATTEND?

Leaders, Top Executives and others whose health and life matters to their business and their people.

### COURSE DURATION: 2 days

### CLASS FORMAT:

Through group exercises, the Case Practices and others.

# Recovery Program



*in Full Recovery of Traumatic Brain Injury!*

## **Get Back to Work and Life Faster!!**

**T**he program is specially designed to help executive who are burnout or suffer physical and psychological trauma. In this world, nothing is worth more than complete you. Your dream and your freedom are priceless.

The recovery process can be highly stressful and depressingly slow. It can also be over in a few hours, depending on the causes. We have enabled a CEO burnout for 9 months to stand up again in a few hours.

We have helped a person with 30-years severe insomnia whose hair had turned white in early 50's restore sleep in 2 weeks.

We have assisted a Chinese medical graduate who suffered Traumatic Brain Injury to recover fully—she has not only passed US medical license examinations, but also practice excellently at clinic and research. We beat Harvard with this world's No. 1 achievement! The program was first featured in Forbes in July 2007.

We want to encourage everyone with these achievements. Be not afraid--in case the worst comes to you, we are here to help you!! Each individual is unique. Please contact us for your problem.



### **APPLICATIONS:**

1. Burnout ;
2. "Hopeless" physical or psychological trauma;
3. Suspicious recovery.

### **BENEFITS:**

1. Return to business and life faster.
2. Appreciate life and freedom more.

### **WHO SHOULD ATTEND?**

Burnout or injured executives and their loved ones.

### **CLASS FORMAT & DURATION:**

Individualized.



# One-on-One Program

The One-on-One program is a very powerful improvement resource for Leaders, Top Executives, Celebriety and more.

The program has no specific scenario. The Prince Synergy will make the assessment and deliver the program that suits the individual -- Custom Program, or standard Executive Synergy Program, Stress to Success Program and Executive Health and Life Program.



REGINE A Top Expert in Change Management for CEOs and in Stress Management for Business and School.



## APPLICATION:

**Individual:** Development bottleneck; Adversity and challenge; Peak performance (decision-making, leadership, innovation, energy, etc); Network; Severe Insomnia, Traumatic physical or psychological injury etc.

**Business:** Development Bottleneck, Major Institutional Change; Innovation, Productivity, Public Image; Turnover, other human capital costs, etc.

## BENEFITS:

Dependent on your needs, and including any of the following:

### Individual:

1. Optimize decision-making, leadership, creativity;
2. Overcome development bottleneck better;
3. Maximize ability to manage emotion, challenge, adversity and crisis (EQ and AQ), and solve problem better;
4. Protect decision-making and innovation from stress, and prevent burnout;
5. Take charge of health and life, and enjoy work and life with full energy;

### Business:

1. Overcome development bottleneck better;
2. Minimize turnover and other human capital cost

# *Book a Speaker*



The Prince Synergy provides lectures and Consultation to different industries, organizations, schools, universities, groups, parents and others. The following are some sample topics.

## **FOR EMPLOYERS:**

- \* Eliminate blind spots in decision-making, overcome development bottleneck.
- \* How should CEOs deal with stress?
- \* Win in the USA/China, lead the world
- \* Make your job and your employees' less Stressful
- \* Does a CEO need to look charming.
- \* Green productivity---maximum efficiency and innovation, and minimum costs in turnover, health costs and more.
- \* Facing change, thrill more customers, and stay ahead.
- \* Optimize your human capital while reducing health costs, turnover and absenteeism.
- \* Control benefits costs via educated and motivated employees.

## **FOR INDIVIDUALS:**

- \* Eliminate blind spots in decision-making, overcome development bottleneck.
- \* Stay attractive during Challenges
- \* Stay ahead of change, allow yourself to fail.
- \* Take care of yourself, stay at your optimal level.
- \* Unleashing the potential within is only the beginning.
- \* Walk from stress to success.
- \* I enjoy staying young.
- \* Take charge of your health, control medical and subsequent costs.

## Samples of Our Work:

### 1. Maximize Business while Minimizing Cost

The CEO of a multinational real estate company was not happy with her decreased business and increased health costs and absenteeism, and came to us. We found that her staff lack of insights into their new business, proper team cooperation, and efficient health and stress management in personal and family matters.

#### **A comprehensive approach**

We recommend a customized *Executive Synergy Program* to optimize the abilities needed in the above areas and prevent potential issues.

#### **A whole new level**

As a result, the business has increased about 20% while cost has been minimized. In addition, staff also work together better, look greater, and solve personal issues in a timelier manner.

### 2. Go to the World, Lead the World

A local communication company developed the world's first mobile phone that offered multiple functions like GPS (give road direction) and free intercom, and only charged a price for a good mobile phone. Local market responded them well but limited. We found that the phone was much bigger than average, and looked modest and local. They knew iPhone, but were intimidated by Steven Job's design. When we told them their suitable markets in the US and Europe, they knew very little about the Western World.

#### **Go to the world, Lead the World**

We recommended customized "*Win in the USA*" to help the company adapt western standards and resources into their production, including new design of their phone, as well as team management and marketing.

#### **Sale Expansion**

Their sale has quickly expanded, and still.

### 3. Build up Security in Poor Economy!

An international advertising company's local staff was stressed out even their company had no layoff despite of 2008 financial crisis. Subsequently, their work suffered. We were invited for help. We found the main cause was staff's feeling of insecurity secondary to more intense competition in their industry secondary to poor economy.

#### **Be stronger and feel secure**

We started with this question, "Do you know how many people would love to have your stress?" Everyone laughed. Then we recommended a customized *Stay Ahead of Challenge, Make Your Job and Your Team's Easier* -- more relaxation methods, internal cooperation, flexible thinking and personal tools.

#### **More projects than before**

The different perspective relieved them instantly. The new skills have helped them get more projects than before.

## **Samples of Our Work 2:**

### **4. A CEO Also Needs to Look Charming?**

A CEO of a big state-owned company was excellent in construction, and devoted to his job. However, he was impatient with his staff's "silly" questions, and wanted his staff to follow his model in personal development. His chairman was also unsatisfied with his public manner and image, and concerned that he could not represent their company well, and miss business opportunities.

#### **Have an internal and external package**

The CEO has a childish smile and image. After surveying his staff, we confirmed the opinions of his chairman. We helped him adjust the way of his smile, and pick suites that fit his personality and environment. In addition, we helped him understand different levels of cognitive function, and practiced with him interpersonal skills. We also recommended strengthening their marketing department as well as marketing sense of each staff member.

#### **Be Sharp and Charming**

Now the CEO is not only sharp, but also looks charming. Their business has increased about 25%; his staff is also happy and develops better.

### **5. Success and Crush**

A former CEO of an international company crushed for 9 months and lost his CEO slot. He had several life-threatening injuries when he was young, and hurt his leg. Although he had great talent in music, he was not recognized but discriminated against. Later he joined the company, and worked his way to CEO of one region. After promotion, he still worked extra hard to prove his "ability," and crushed quickly. And then he only wanted to use his inner strength to recover and not to show his "weakness." By the end of 9 months, he lost his spot as CEO.

#### **See new picture and acquire new skills**

We showed him the new standard-- once he became a CEO, the ability standard is no longer the same -- his brain mattered, and his injured leg only worked to his advantage. However, the pain in the past made him unable to see the new standard. Then we show him how to get help gracefully, and practiced with him.

#### **Handling multiple projects all over the world**

Right now he is happily working on multiple projects all over the world, and has his own music company.

## Samples of Our Work 3:

### 6. Be Fair to Yourself

A well-known state attorney lost some cases. He took his losses very hard on himself, and also blamed on his clients. He got less and less referrals, and developed new health problems. We consulted his work to a preeminent attorney in the nation. The opinion was that his work was impressive. In addition, he was able to give colleagues fair judgment.

#### **Treat "self" as one of others**

We pointed out his double standards— being unfair to himself. We recommended him to treat "himself" as one of others, and practiced with him. We also recommended custom program ***"Stay Attractive during Challenge."***

#### **More referrals**

After the attorney was able to handle his failure, his referrals resumed, so did his health.

### 7. 30-Year Insomnia Is Over!

An executive had night shifts 30 years ago. She has suffered severe insomnia since, and could only sleep 2-3 hours a day. Her doctor kept on giving her the same pills, and yet, she kept on going back to him. She got agitated easily, and had poor memory. She could not stop worrying over something simple, for example her family's visit, and stayed sleepless over night. Still, she wanted to take care of every family issue, big and small. Her hair turned white when she was a little over 50, which has never happen to any other family members. She also had bad sleep habits.

#### **A comprehensive approach**

We modified her sleeping habits, and recommended her to deal with must issues only temporary, and showed her why and how. We also taught her two special relaxation methods before sleep.

#### **Sleep well again after 30 years**

Two weeks later, her sleep improved significantly-- she could sleep about 6 hr at night. She was so happy since she had had insomnia for over 30 years! She no longer got agitated easily, and her problem solving also improved.

## Samples of Our Work 4:

### 8. Take Charge of Your Health and Life

**Case1.** A lady run into a tragic auto-accident and suffered cervical-2 fracture. She was put on a ventilator and had neck surgery. However, she could not breathe without a ventilator even after five-week intensive care although she was healthy before. Her physicians concluded that she would be ventilator dependent for the rest of her life. She refused to live on a machine.

**Case 2.** A philanthropist suffered two strokes in 2 months. Her left side was totally paralyzed. She became very depressed after she was admitted to a sub-acute facility. No intervention initiated to prevent her next stroke that could kill her. Her feet were dropping, which could take away her walking ability. However, her husband thought they had the best care, for their doctors were from prestigious hospitals!

#### **Knowledge is power**

We recommend customized *Executive Health & Life Program* to both families, including systemic health and mental knowledge, potential costly mistakes in hospital, expert selection, and practiced with them.

#### **Stay alive and active**

The lady above was taken off the ventilator successfully in 3 days, and gone back to her family and lived well!

The philanthropist has been able to walk with a crutch and has not had 3<sup>rd</sup> stroke.

### 9. Full Recovery from Traumatic Brian Injury

A physician suffered Traumatic Brain Injury. All medical experts involved predicted her permanent disability. A full recovery was even tough to Harvard University. However, cognitive ability to an MD is a matter of life or death. The subsequent psychological, social and financial issues were overwhelming. She could hardly keep a clear mind, but she swore to recover.

#### **A comprehensive approach**

We recommended a customized *Recovery Program* -- built up a relaxation hierarchy, acted as if she had recovered, seek help from Eastern Medicine besides Western Medicine, became a volunteer, attended as many parties as possible, etc.

#### **As excellent as before**

At the end, the doctor has fully recovered-- she has passed all medical license tests and practiced excellently in clinics and research.

## SOME TESTIMONIALS:

"I have found Dr. Bin Yang (the Founder) to be an intelligent, capable and perceptive counselor with a very positive attitude and an orientation to assist others to overcome adversity through inner strength and external resources."  
--- *David R Bristow, Director, SIAG Risk Management*

"I am very happy with more efficient productivity, increased business and reduced medical costs and absenteeism. My employees are satisfied with their strengthened insights and problem solving in life, health and stress. They care about their looks more, and are full of energy. They not only work together better, but also take care of personal issues more efficiently. The Prince Synergy has raised our human capital to an optimal level."  
--- *J. L. Sullivan, CEO, Nevada Real Estate Corporation*

"Your training tell us what we often omit but critical to our work and life. Very inspiring—we could have achieved so much more and avoided so many hardships!"  
--- *Wendy Xue, Vice President, H-line Ogilvy*

"I thought that we could only learn from mistakes after they occur. Your training really saves time and money"  
--- *Jane Wang, Chief Representative  
Rochester Technology*

"Dr. Yang stands out refreshingly as someone who is highly motivated and committed to excellence. She has shown tremendous initiative, drive and capacity to solve clinical problems, exhibited solid clinical knowledge and great learning enthusiasm, provided compassionate care to her patients, and achieved outstanding clinical results. Therefore, I give Dr. Yang my highest recommendation."  
--- *Theodore C. Friedman, M.D., Ph.D.  
Chief, Division of Endocrinology  
Associate Professor of Medicine-UCLA*

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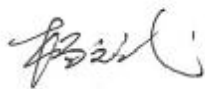
# 目 录

## 总裁寄语:

企业和个人不仅要快速成长，走向领先，并要能够保护成功，保持领先。人的能力，即人力资本，最能保护我们的事业和人生。我们的使命是将高管变成企业最大的人力资本，带领企业走向领先，并在重大的内外挑战中保持领先。

让我们与众不同的是我们理解人力资本的威力，以及它的内外限制。我们可以全方位地帮助我们的客户取得最大的成就，并且更顺利。与此同时，我们不断地探索新的视角，分析和方案。

我们很荣幸得到国际媒体青睐，这也是我们致力于这一使命的又一证明。



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# 关于 我们

王者公司来自洛杉矶，是致力于人力资本发展。我们的使命是帮助壮志凌云的企业和个人走向领先，并且保持领先。

王者公司感谢来自福布斯等的青睐，以及被列为帮助总裁应变管理和帮助企业 and 学校压力管理的顶级专家。我们应邀在世界一流商学院讲学，有很多文章被刊登在福布斯总裁网络，哈佛商业评论中文版，总裁等。

## 王者公司成功的主要方面包括：

1. 我们将人的潜力，健康及与自我和社会的关系视为一个综合系统。我们的关键概念是：(1)人的软件更新，(2)压力管理 和(3)保持健康。
2. 真正使我们与众不同的是我们成功地走过人类旅程的每个阶段，能全方位地协助我们的客户获得最大的成功。
3. 我们强调全面统筹而不使用单一工具，并从微观和宏观上优化和保护客户的人力资本。客户的挑战越大，我们的服务也就越有协同效应，我们因此打破多项世界纪录。
4. 我们为客户量身定做，用实例讲解，并让客户在实践中强化。
5. 我们追求卓越，解决难题。我们相信只有我们的客户成功了，我们才会成功。

## 我们提供的福利：

**企业** - 获得最高效益的同时把成本降到最低。

**个人** - 取得最大的个人和事业成就，少走弯路。

**如果说福布斯善于优化你的金融资本，  
王者则善于优化你的人力资本！**

\* “狮子不能识别陷阱，狐狸不能赶走狼。他（王子）因此，必须用狐狸认破陷阱，以狮子敬畏的狼。那些只坚持狮子做法的人们不理解这一点。”

----马基雅维·里尼克洛，《君主论》

## 我们的服务

我们服务的关键是将优化及修复人力资本的医学专长与商业和法律财富整合在一起，让客户更敏锐、更顽强、更精力充沛。我们帮助客户开阔视野，减少决策盲点，突破发展瓶颈，探寻非凡的机会，领先世界。与此同时，我们帮助他们优化管控逆境风险的能力，在逆境中保持领先。必要时，我们也协助他们从崩溃或身心创伤中康复。曾经沧海，我们懂得客户需要走向领先，更需要保持领先，我们成功的定义是基业长青。

我们强调量身定做。首先，我们对客户做一个独立的，全面的，实事求是的调查，并依据事实做判断。当问题在我们的范围内时，我们将给客户最好的服务。否则，我们的选择也很容易和明了：我们会说“对不起，谢谢。”我们用实例讲解，在实践中练习。以下是我们的一些服务样本：

企业：	突破发展瓶颈；处理机构重大变革；团队建设；提高创新和生产力；优化企业形象；减少人才流失以及其它人力资本的成本等。
个人：	突破发展瓶颈，重大挑战逆境管理，保护和优化最佳状态（决策、执行、形象等），壮大人脉，康复崩溃及身心创伤等。

## 我们是谁

我们是名列前茅的商学院及其它机构和个人可信赖的顾问及讲学人。

我们是追求卓越的解难人。我们好奇，探求，并且高度协作。在解决客户的问题时，我们集创造和灵活于一身。

我们不以头衔取人，而是根据他们的品德，才干和领导能力。

我们与来自世界各地的，具有各种丰富经验和专业背景的精英才合作。

我们招聘有敬业精神，善于分析，有创造力和领导潜力，并能与各阶合作的个人。

我们乐于帮助与我们共事的人们。我们为我们的价值观以及关怀，尊重和相互依存的文化而自豪。

我们不必向我们的股东提高回报。我们永远把客户的利益放在我们的前面。

## 我们的信条

我们相信人力资本是所有资本中的关键，成功的关键。曾经沧海，我们深切地懂得人力资本的威力和脆弱，及其对我们的影响。我们帮助我们的客户在重大挑战下保持最佳的人力资本，走向领先，并保持领先。

### **把客户的利益放在我们的前面**

我们提供超值服务。但这并不意味着我们盲从客户的要求。

### **我们为客户保密。**

我们不向没涉入的顾问或第三方透露客户的敏感信息。

### **我们实话实说。**

我们切入问题的实质，哪怕忠言逆耳。

### **职业精神。**

我们永远崇尚事实求实和敬业精神。我们尊重不同的习俗和文化，只要不损害我们的准则。

### **尽力为每一个客户提供经济有效的服务。**

我们希望我们的队员在使用客户和公司的资源时就像在投资自己的一样。

我们相信统一机构的力量，并不断保持高标准的服务和队伍。我们和各行业精英建立了合作。

我们相信团队精神和协作，不互相竞争。我们相信互相帮助，并给予共事者不懈的支持。

我们相信一把钥匙一把锁，及全面统筹。我们是一群努力做他们认为正确的领头人。

我们相信只有我们的客户成功了，我们才会成功。

## 主要概念:



### (1) 压力管理:

压力可以摧毁我们的思维和创造力, 带走我们的健康和情绪, 恶化许多疾病, 加剧吸毒与饮酒。压力摧残着 100% 的 CEO, 是企业人才流失的第一原因。

### (2) 人的软件更新:

我们主要在生命的头 6 年里形成我们的思维系统。这个系统像在我们内部运行的软件, 深刻地影响我们的健康, 情绪, 处理挑战和取得成功的能力。只要方法正确, 我们可以重新学习, 更新自我。



### (3) 保持健康:

没有健康和生命, 我们即不能成功, 也无法享受生活。迅速发现健康问题, 学会挑选专家才能让我们有效地掌握健康和生命, 减少看病及住医院。

## 一些重要的统计:

1. 一个好主意最多能赚多少钱? 57 万美元--2008 年《福布斯》400。
2. 根据 IBM2008 年全球总裁的调查, 十人之中只有六人能够成功地应变。
3. 管理人员发展机构的一个调查显示, 几乎三分之一的管理人员在加入新的管理工作二年之后仍都不能胜任工作。
4. 研究发现在高管中, 情商对于个人成败的影响力是智商的 9 倍。
5. 据维时特及(一个国际性的总裁组织) 2008 年 2 季度调查报导, 100% 的总裁都承受着压力。
6. 美国压力协会 2007 年估价压力造成美国公司每年 300 亿美金的健康消费、人才流失以及事假。
7. 华甚霍治的 2007 年世界调查显示, 工作压力是员工离职的首要原因, 52% 参加的公司因为工作压力, 需费尽心思地留住优秀员工。
8. 根据全美健康调查, 美国健康消费已从 1970 年 7.2% 的全民总产值, 增加到 2005 年 16%, 并预计在 2015 年将占到 20% 的全民总产值。
9. 医生网站的一个研究显示, 减少一个健康危险可以提高该人的出勤率 9%, 降低缺勤率 2%。

# 王者新闻

王者非常感谢来自福布斯, 欧洲投资人, CNBC 电视频道, abc7, 财智, 晨星, 市场, myFOX, MomMD, NewsRx, MCOL, 等等巨大的新闻支持。 我们的很多文章被刊登于福布斯总裁网络, 总裁, 哈佛商业评论中文版等。

- \* 王者公司加盟香港科大商学院 (其 EMBA 名列世界第 2) (9/16/09) 
- \* 王者公司加盟复旦大学管理培训及魅力总裁班 (EMBA 名列世界第 8) (7/8/09) 
- \* 王者公司加盟哈佛商业评论中文版 (6/3/09) 
- \* 香港中文大学 EMBA (名列世界第 11) 邀请总裁杨博士演讲 (5/20/09) 
- \* 中欧国际工商学院 (学院名列世界第 8) 邀请王者公司做管理执行论坛 (2/25/09) 
- \* 王者公司在脑外伤痊愈方面超越哈佛大学 (8/19/08) 
- \* "总裁应如何处理压力" 刊登在福布斯总裁网络(8/11/08) 和总裁, CHIEF EXECUTIVE (8/25/08) 
- \* Vi stage (一个国际总裁组织) 采访总裁杨斌有关严重压力和通常工作压力的管理。(7/29/08) 
- \* 专家论 CEO 应如何应变 (6/4/08) 
- \* 现在与王者公司一起优化您的人力资本, 降低医疗成本, 转行和旷工(3/4/08) 
- \* 专家讨论工作压力是人才流失的第一原因 12/20/07) 
- \* 与王者公司一起主宰你的健康, 控制医疗和相关损耗 
- \* 专家谈青年人的日益严重的压力 (8/29/07) 
- \* 世界领先的王者公司免费给受伤的伊拉克退伍军人提供康复训练(7/10/07) 
- \* 福布斯总裁网络需要用户名和密码。如果您需要, 请与我们联系。

# 咨询与策划



王者公司向各行业、组织、学校、大学、团体等提供咨询策划。我们致力于决策、最佳状态、团队建设、人才国际化、风险逆境管控、生命健康掌握等，以下是样板：

## 企业：

突破发展瓶颈；  
迎接机构重大变革；  
优化企业形象；  
团队建设；  
企业文化；  
提高创新和生产力；  
减少人才流失；  
团队健康及安全；  
人力资本成本控制等。

## 个人：

突破发展瓶颈；  
挑战逆境管理；  
重大变化管理；  
优化最佳状态（决策、形象、执行等）；  
壮大人脉；  
保持青春活力；  
崩溃及身心创伤等。

# 王者协同



一个帮助总裁应变管理, 和帮助企业与学校压力管理的顶级专家

## 突破发展瓶颈, 驾驭风险逆境!

决策不确定的未来, 迎接突变、逆境、风险, 这即令人振奋, 其压力也可以摧毁决策和健康, 加速衰老。决策决定着企业和个人的兴衰存亡, 然而决策中的盲点可以让我们看不见应该看到的, 迷失方向。另外, 能够迅速认识他人的决策盲点, 更有助于利用资源, 突破发展瓶颈。情商对于高管成败的影响是智商的9倍。全球总裁10人之中只有6人能够成功地应变(IBM)。

没有健康, 就没有有效的决策和执行。而许多高管亚健康, 甚至英年早逝, 主要死因都与压力和健康密切相关。此外, 管理属下工作压力也是降低人才流失和企业成本的有力工具(美国压力协会和霍甚华)。

人的能力, 健康以及和自我与社会的关系是一个综合系统, 强化任何一方面都不能杜绝其他方面的问题。全面统筹不仅必要, 更能创造协同效应。该课程帮助学员全面地强化竞争力, 有效地突破发展瓶颈, 保持领先。

### A. 减少决策盲点, 突破发展瓶颈, 领先世界

1. 决策盲点的定义和成因;
2. 预防决策盲点;
3. 减少决策制定中的盲点;
4. 快速辨识他人和团队的决策盲点;
5. 跨越中西文化差异中常见的盲点;

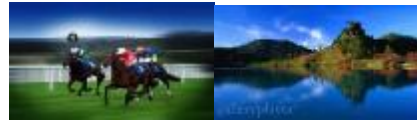
### B. 驾驭风险逆境, 让自己和属下都更轻松

1. 挑战与压力, 及压力的副反应;
2. 预防挑战和压力;
3. 利用和转换挑战和压力, 及时充电并处理副反应;
5. 危机管理;

### C. 精力充沛地跑到终点:

1. 建立自己的健康基线, 了解全球健美的最新发展;
2. 避免环境中潜在的重大健康威胁, 摒弃个人不良的健康习惯和理念, 预防常见疾病;
3. 学会选择和评估专家, 减少误诊;
4. 在急诊时, 避免重大错误, 并能有效地自救。

除了对人的潜能的广泛和深入的探讨, 该课程还包含特制课程“减少决策盲点, 突破发展瓶颈”、“赢在美国”、“驾驭风险逆境, 让自己和属下都更轻松”以及“王者健康与生命”的所有要素。



### 适应情况:

1. 发展瓶颈; 2. 重大挑战, 逆境或突发变化; 3. 最佳状态低落(决策, 领导力, 创新, 体力等); 4. 崩溃。

### 效益:

#### 个人:

1. 洞悉他人和自身的决策盲点, 优化决策、领导力、创新;
2. 轻装上阵, 并能有效地保护自己的最佳状态;
3. 优化管控情绪、逆境、风险的能力, 更能在危机中解决问题;
4. 掌握自己的健康生命, 精力充沛地跑到终点, 享受胜利果实;
5. 事业人生更加游刃有余;

#### 企业:

1. 优化管理阶层的领导力、决策和执行, 优化业绩;
2. 留住优秀人才, 减少企业人力资本的成本。

### 谁应该参加?

来自综合管理、财务、营销、法律、IT、娱乐、房地产、产品开发、加工制造等行业的“一把手”, 以及高层管理人员等。

该课程尤其受益于那些希望快速突破发展瓶颈; 事业人生充满了挑战风险的; 希望修复最佳状态(决策, 创新, 体力等), 提高企业工作效率, 保留人才的。

课程时间: 3-4 天

授课模式: 以实例讲解, 实战练习, 分组比赛等方法, 结合一对一咨询(请预约)。

# 特制课程



一个帮助总裁应变管理，和帮助企业与学校压力管理的顶级专家

## 您的需要 ==>您的课程

个人，团体，机构 或学校都可能有自己的需求和侧重。特制培训没有特定的要求。王者将做出准确的评估，并设计一个**针对您的特殊需求的培训**。

### 样品：

(附简要大纲)

#### 1. 减少决策盲点，突破发展瓶颈 \*

在企业及个人发展中时常遇到瓶颈。在寻找其它技能和资源突破时，决策人也要意识到自己决策中的盲点——我们未必能够看到我们应该看到的，或者不愿意看到我们应该看到的。另外，能够快速辨识他人的决策盲点，将更有利于有效地利用资源。该课程帮助您：

- A. 分享个人经历；
- B. 决策盲点的定义；
- C. 决策盲点的成因；
- D. 预防决策盲点；
- E. 减少决策制定中的盲点；
- F. 快速辨识他人的决策盲点及习惯；
- G. 为实施找出更多的时间，保持精力充沛。

#### 2. 驾驭风险逆境，让自己和属下都更轻松

事业中的挑战，逆境是不可避免的。它们可以激励我们，但伴随的压力也可以摧毁我们的决策，情绪和体力，并让我们加速衰老。Vistage 2008 年报导 100% 2400 位参加调查的总裁抱怨压力。调查显示，在高级管理者中，情商对于个人成败的影响力是智商的 9 倍。吸毒和酗酒往往只会给日后带来更多的灾难。

此外，美国压力协会和华甚霍 2007 年发现如何管理属下的工作压力降低人才流失，健康开支和事假的有力工具。你的事业充满了挑战风险，您的决策，创新和体力正受其压力的威胁吗？您正身处逆境吗？您的企业需要提高工作效率，创新，减少人才流失吗？如果你的答案是“是”，这门课就是为你准备的。



**授课模式：**为客户量身定做，用实例讲解，在实践中强化。

### 效益：

- 1. 走出常规思维，拓宽发现自我、提升自我的视野和方法，提高决策质量；
- 2. 更快更好地认识他人的决策盲点，发掘更多的机会和资源；
- 3. 带好团队；

### 谁应该参加？

来自综合管理，财务，营销，法律，IT，娱乐，房地产，产品开发，加工制造等行业的领袖，高管等。

该课程尤其受益于那些渴望突破发展瓶颈的；正面对重大挑战的；渴望尽快恢复最佳状态，走出崩溃的。

**课程时间：** 2 天

### 效益：

#### 个人：

- 1. 轻装上阵，更快更好地完成任务；
- 2. 优化管控情绪、逆境和 risk 的能力（情商 和逆商）和在危机中解决问题的能力；
- 3. 有效地保护决策、创新及健康；
- 4. 减少崩溃、酗酒和吸毒。

#### 企业：

- 1. 更有效地完成任务；
- 2. 强化管理阶层的领导力；
- 3. 留住优秀人才，提高生产和创新；
- 4. 减少事假，病假等人力资本成本。

## (特制课程2)

- A. 挑战与压力的关系以及压力的副反应；
- B. 预防挑战和压力；
- C. 利用和转换挑战和压力，有效充电，及时发现并处理压力的各种副反应以及崩溃；
- D. 危机管理；
- E. 为实施找出更多的时间。

### 3. 赢在美国，领先世界

许多企业已面向世界，但要赢在美国，走向世界，强烈的愿望、不灭的雄心甚至踏入新的土地也只是开始。不深入了解美国的体系设置和风俗理念将无法有效进行的。作为外国人，跨越文化、语言、知识、技能等差异只是准备的一部分。因为当地的排外和歧视，有志之士要比美国人做得更好，懂得更多。很多内外因素可以决定开拓的成败和企业的兴衰。这个特制课程帮助壮志凌云的各界领袖、高管等做全面深入的准备。

- A. 熟悉文化差异，尽快适应：  
标准、习惯、观念、信仰等；
- B. 充分准备：  
自身及新环境中他人的决策盲点；  
个人潜力、语言、与上层社会往来等；
- C. 深刻理解美国系统、资源和风险：  
体系：法律，商业，医疗，社会；  
资源，风险，外国人的风险；
- D. 如何应付突变：  
常见的重大突变、危机及处理。

### 4. 在挑战中保持魅力

我们的状态决定着企业和家族的运作；我们的形象不仅代表自己，更代表着企业和家族，也影响者我们的机会和资源。我们的事业人生中充满挑战。挑战可以激励我们，其压力也可以让我们的思路迟钝，身心疲惫，衰老加速，甚至英年早逝。要在挑战中保持魅力，保持最佳状态，领先一步，我们需要建立一个完整且独到的个人系列。

- A. 建立个人保养和充电系统；
- B. 拥有快乐的自我；
- C. 在挑战和逆境中保持最佳状态；
- D. 优化个人魅力；
- E. 掌握健康生命。

### 5. 您的课程：请联系我们

## 谁应该参加？

来自各行业的领袖、高层管理人员、精英等。该课程尤其受益于那些事业人生充满了压力和挑战的；决策、创新、健康受压力威胁的；企业急需保留人才，提高生产创新，降低人力资本成本的。

课程时间：2天

## 效益：

- 1. 比美国人更了解美国的资源和风险；
- 2. 融入美国上层社会，壮大人脉和资源；
- 3. 有效地开发美国市场，走向世界，领先世界；
- 4. 有效地应付突发事件。

## 谁应该参加？

希望开发美国市场，走向世界，领先世界的各界领袖、高管等(3个月以上)。

课程时间：5天

## 课程收获：

- 1. 在挑战中保持最佳状态；
- 2. 更好地树立企业和个人形象，创造更多的机会和资源；
- 3. 拥有更好的情绪，挑战和逆境的管控能力（情商和逆商）；
- 4. 更好地掌握自己健康和生命（体商）。

## 课程对象：

各行业领袖、高管、精英及配偶等。该课程尤其受益于那些事业人生充满了压力和挑战，决策、形象和状态急需保护的。

课程时间：3天

## 从逆境/压力走向成功!

通向成功的路通常不是笔直的。逆境风险可以成为我们的动力，伴随的压力也可以摧毁我们的思维，情绪和体力，并让我们加速衰老。Vistage 2008 年报导 100% 2400 位参加调查的总裁抱怨压力。调查显示，在高级管理者中，情商对于个人成败的影响力是智商的九倍。吸毒和酗酒往往只给日后带来更多的灾难。您的事业人生充满了挑战？您的决策，创新和体力已受其压力的威胁吗？您正身处逆境吗？如果您有一个答案“是”，您就应该来参加学习。

此外，如何管理属下的工作压力已变得日益重要。如果您企业需要提高效率和创新，减少人才流失，请参加我们的特制课程《让自己和属下都更轻松》。

### A. 挑战与压力的关系

1. 压力介绍；
2. 挑战与压力的关系；
3. 压力的应激及其副反应；
4. 谁更容易被压力压垮；

### B. 预防挑战和压力:

1. 减少工作环境中可以导致挑战和压力的因素；
2. 减少自身中可以导致挑战和压力的因素；
3. 洞悉他人和自身，加强有效沟通；
4. 加强应变能力和业务能力；
5. 建立个人充电系统；

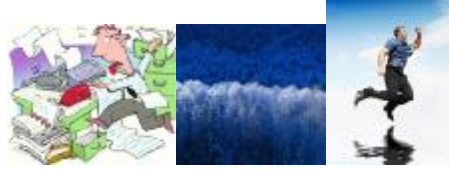
### C. 利用和转换挑战和压力:

1. 在挑战中，运用压力，激励自己；
2. 及时充电，保持思路敏捷，精力充沛；
3. 减少决策盲点，剖析潜在问题，转换导致挑战和压力的因素；
4. 及时发现并处理压力的各种副反应以及崩溃；

### D. 危机管理

1. 变危机为时机；
2. 有效地面对失败。

与此课程相比，王者协同更深入和更广泛探讨了人的思维和健康。特制课程则是针对你的独特需求。



### 适应情况:

1. 最佳状态，决策，创造力低迷；
2. 情绪，健康和生命受到压力的威胁。
3. 工作效率低，人才流失严重，医疗费用庞大；

### 效益:

#### 个人:

1. 优化管控情绪、逆境、风险的能力（情商和逆商），在危机中高能解决问题；
2. 少走弯路，预防压力，轻装上阵；
3. 有效地保护决策、创新及健康；
4. 更快更好地完成任务；
5. 减少崩溃、酗酒和吸毒。

#### 企业:

1. 强化管理阶层的领导力；
2. 更有效地完成任务。

### 谁应该参加?

来自综合管理，财务，营销，法律，IT，娱乐，房地产，产品开发，加工制造等行业的“一把手”，高层管理人员，精英等。

该课程尤其受益于那些事业人生充满了压力和挑战的；决策、创新、健康受压力威胁的。

**课程时间:** 2 天

**授课模式:** 用实例讲解, 在实践中强化。

## 精力充沛地享受事业人生!

没有健康，就没有敏锐的决策，有效的执行，最佳的形象。健康生命不仅关系到个人，更关系到企业的发展及股东的利益。为什么更多的高管亚健康？为什么更多的高管会酗酒吸毒，甚至英年早逝？因为独特的环境和需要，高管的健康与生命更有特殊的要求。

谁第一时间发现问题的问题？我们自己。如果你不能识别身体发出的健康警告，你会及时就医吗？在我们来不及就医，或在医生误诊时，我们决定着我们的生死，康复或残疾。对自己、对家人、对事业，每个人都是独一无二的。这个特制课程帮助高管展望事业人生，更好地保护自己。

### A. 了解自己的基线:

1. 了解人的系统和对应的医学系统;
2. 了解个人健康的方方面面;
3. 自我检查;

### B. 健康时:

1. 避免工作环境中潜在的重大健康威胁
2. 摒弃个人不良的健康习惯和理念;
3. 保持健美和青春，了解全球最新发展;
4. 预防常见疾病;
5. 管控挑战和压力，避免酗酒吸毒;

### C. 少看医生，少住医院:

1. 如何综合地分析疾病;
2. 如何选择和评估专家;
3. 如何缩短住院时间;
4. 如何取得中协同效应;

### D. 意外\_急诊时的自救:

1. 避免严重错误;
2. 心肺复苏术 (CPR) 及其它常用急救;

### E. 从伤残中尽快康复:

1. 是什么让康复困难?
2. 如何尽快回到工作和生活中去。

在生死存亡关口，你知道得越多，就越有主动权。这门课程于 2007 年 9 月首次刊登于福布斯。与此相比，王者协同在人的潜力，以及压力逆境管控上有更深入广泛的探讨。特制课程则是针对你的独特需求。



### 适应情况:

1. 健康生命至关重要的高管等。

### 效益:

#### 个人:

1. 拥有更好的体商，掌握自己的健康生命;
2. 更好地照顾自己和亲友。

#### 企业:

1. 精力充沛地带领团队，做决策和执行;
2. 预防并降低企业因健康生命而导致的重大损失，公司股票波动。

### 谁应该参加?

来自综合管理，财务，营销，法律，IT，娱乐，房地产，产品开发，加工制造等行业的“一把手”，及高层管理人员等。

### 课程时间: 2 天

### 授课模式:

用实例讲解, 在实践中强化。

# 加速康复课程

## 尽快重返工作和生活//

该课程是帮助崩溃的或身心受创的高管。这个世界上，没有任何东西比完整的自我更有价值。您的理想和自由是无价的。

恢复过程可能压力很大，缓慢得令人沮丧，也可以只有几个小时。我们曾经协助崩溃了九个月的跨国公司总裁在几小时内重新站起来。

我们曾帮助过严重失眠了 30 多年，头发 50 出头就变白的管理人员 2 星期内恢复了睡眠。

我们也曾协助过一位中国医生在遭受创伤性脑损伤后完全恢复，通过美国医学执照考试，并且行医出色。在创伤性脑损伤痊愈上，我们超越了哈佛！这也是我们第一个上福布斯的课程（2007年7月）。

我们希望这些成就能够鼓舞每一个人，不要害怕——既是在最坏情况下，我们都可能帮到您！每个人都是独一无二的，请告诉我们您的问题。



### 适应情况:

1. 崩溃;
2. 重大的身心创伤;
3. 恢复不能。

### 效益:

1. 更快地回到生活和工作中去;
2. 更珍惜自由和生命。

### 谁应该参加?

崩溃或受创伤的高管及亲友。

**课程时间:** 因人而异。

**授课模式:** 用实例讲解, 在实践中强化。



# 一对一 课程



一个帮助总裁应变管理，和帮助  
企业与学校压力管理的顶级专家.

一对一课程是一个提高人力资本的有效工具，适用于董事长，总裁，企业家，高管，父母等。

该训练有没有具体的要求。王者将进行评估，提供最适宜的方案，或者特制课程，领先综合课程，从压力到成功课程或者健康与生命课程。



## 适应情况:

1. 企业: 突破发展瓶颈; 处理机构重大变革; 团队建设; 提高创新和生产力; 优化企业形象; 减少人才流失以及其它人力资本的成本, 等等。
2. 个人: 突破发展瓶颈, 重大挑战逆境管理, 优化最佳状态 (决策, 执行, 形象, 执行等), 扩大人脉, 修复严重失眠, 康复身心创伤等。

## 效益:

根据你的需要, 可包括:

### 个人:

1. 洞悉他人和自身的决策盲点, 优化决策、领导力、创新;
2. 轻装上阵, 并能有效地保护自己的最佳状态;
3. 优化管控情绪、逆境、风险的能力, 更能在危机中解决问题;
4. 掌握自己的健康生命, 精力充沛地跑到终点, 享受胜利果实;
5. 事业人生更加游刃有余;

### 企业:

1. 优化管理阶层的领导力、决策和执行, 优化业绩;
2. 留住优秀人才, 减少企业人力资本的成本。

## 谁应该参加?

来自综合管理, 财务, 营销, 法律, IT, 娱乐, 房地产, 产品开发, 加工制造等行业的“一把手”, 高层管理人员等。

下一次培训: 请与我们联系。



# 邀请演讲人



王者公司向各行业，组织，学校，大学，团体等提供讲座。以下是一些样本标题：

## 企业：

- \* 减少决策盲点，突破发展瓶颈。
- \* 赢在美国，领先世界
- \* 让自己和属下都更轻松
- \* CEO 们应该如何处理压力？
- \* CEO 的外观也要富有魅力。
- \* 壮大领导力和生产力，并降低运营成本。
- \* 让更多的客户为您叹服。
- \* 优化人力资本，降低人才流失等费用。
- \* 通过知识化的员工降低成本。

## 个人：

- \* 减少决策盲点，突破发展瓶颈。
- \* 拥有魅力，保持青春
- \* 走在变化的前面。
- \* 允许自己失败。
- \* 照顾自己，保持最佳状态。
- \* 释放潜力仅仅是一个开端。
- \* 从逆境压力走向成功。
- \* 我喜欢青年永驻。
- \* 在排行榜上快跑

# 案例研究

## 1. 更多的业务，更低的成本

一位国际房地产公司的总裁为她减少的业务，增加的医疗费用和缺勤来找我们。我们发现，工作人员对新业务缺乏深入了解，以及相应的团队合作，在健康和压力方面更是管理不当。

### 综合方案

我们建议特制的《王者协同》，以解决上述问题并防止隐患。

### 一个全新的水平

该公司业务一年内增加了约 20 %，而成本也降到最低。此外，员工也更注重仪表，更有效地解决个人和家庭问题。

## 2. 走向世界，领先世界

一个当地通信公司开发了世界首创的多种功能移动电话，如导航仪和免费对讲机，价格只是一个好的移动电话的价钱。当地的市场反应良好，但很有限的。我们发现手机远大于一般的手机，且外观平平。他们知道 iPhone，但认为只有 Steven Jobs 可以做那样设计。谈及在美国和欧洲的不同适应市场时，他们对西方世界知之甚少。

### 走向世界

我们建议特制课程《赢在美国，走向世界》，帮助该公司利用西方的标准和资源调整他们的制造，包括手机新设计，以及团队管理和市场营销。

### 销售扩张

他们的销售迅速扩大，仍在扩大。

## 3. 在不景气中建立安全！

一家国际广告公司的工作人员觉得压力大得受不了，尽管公司在 2008 年的金融危机中没有裁员。因为他们的工作受到严重影响，我们被邀请帮忙。我们发现主要原因是金融危机使广告行业内竞争更激烈，工作人员因而深感不安。

### 因强大而安全

我们以这个问题开头的，“知道有多少人想要你们的压力吗？”每个人都笑了起来。然后，我们建议特制课程《让自己和属下都更轻松》--更多的放松方法，更好的内部合作，更灵活的思维和措施等。

### 更多的中标

新技能已让该广告公司获得比以前更多的项目。

## (案例研究 2)

### 4. CEO 也得富有魅力？

一位大型企业的 CEO 精于工程，忠于职守。然而，他对员工的“愚蠢的问题”不耐烦，并要员工都按照他的模式发展。其董事长对他的应对和公众形象也不满意，很担心他不能很好地代表公司，错失商机。

#### 内外包装

通过访问他的员工，我们证实董事长的意见。见到他本人，发现他的笑容和衣着像一个顽皮的小男孩。我们帮助他懂得不同人的智商水平，公众和私人看法的区别，与他一起练习与人相处的艺术。关于他的形象，我们纠正他的笑容，并根据他的气质挑选服装。此外，我们还建议加强公司的市场部，以及每个员工的市场营销意识。

#### 充满睿智和魅力

现在这位总裁不仅充满睿智，且富有魅力。其企业业务增加了约 25%；员工更是高兴并有了更好的发展。

### 5. 成功与崩溃

一家国际公司前总裁崩溃了 9 个月。他年轻时曾多次受致命伤，腿因此残疾了。尽管他有很好的音乐天才，他非但不被重视，反而被歧视。后来，他加入该公司，一步一步做得区域总裁。之后，他仍然额外努力地证明他的“能力。”他很快崩溃了。崩溃后，他只想用自己的力量站起来，不愿意对外“示弱。”结果花了 9 个月时间康复，失去了总裁的位子。

#### 看到新的画面和采用新技能

我们告诉他，在他成为总裁后，能力标准也不同了——只要他会赚钱，会管理，他就是好总裁，受伤的腿只会让他显得更可亲。因为过去的痛苦，他无法看到新的标准。因为继续沿用旧日标准，加上总裁的繁忙工作，所以，他的能量很快浩劫了。另外，我们教他如何有面子地求援，并与他一起操练。

#### 世界各地的项目

现在，他正高兴地管理着分布在世界各地的项目，并拥有了自己的音乐公司。

### 6. 公平待己

一位省内出名的律师输了一些案子。他不仅惩罚自己，更怪罪他的客户。推荐他的人越来越少，他的健康很快也出现问题。我们咨询一位全国闻名的律师，发现他的案子准备周密。另外，我们发现他对同行尚能公正评价。

#### 把自己当作其它人中的一个

我们指出他用双重标准——对待自己不公平。建议他把自我当作其它同行中的一个，并与他一起操练。另外，我们也建议他参加特制课程《在挑战中保持魅力》。

#### 更多的推荐

这位律师现在不仅能够正确面对失败，而且推荐也越来越多的，身体也好了。

## (案例研究 3)

### 7. 30多年的失眠治好了!

一位管理人员三十多年前上过夜班。从那时起，就失眠了，每晚只能睡2-3小时。她的医生总给她同样的药，她也总回去取。她很容易激动，记忆力也很差。才50多一点，头发就全白了，她家只有她一人如此。即使是很简单的事情，比如家人来访，她也会想个不停，然后彻夜难眠，而且事无巨细，她都要一把抓。另外，她还有不良的睡眠习惯。

#### 多方面处理

我们修改了她的睡眠习惯，教了她两个睡觉前特别的放松技巧。另外，我们建议她暂时只处理不得不管的问题，并告诉她为什么和怎样做。

#### 又可以睡了!

两个星期后，她的睡眠明显改善了--晚上可以睡大约6小时。她太高兴了--她没想到失眠30多年后，还能恢复!不久，她就平静多了，处理问题也越来越干练了。

### 8. 掌握你的健康和生命

#### 案例 1 :

一位女士在一次严重的车祸中遭受颈椎 2 骨折。她被送上了呼吸机，并做了颈部手术。尽管她以前健康，五周后，她仍不能自主呼吸。她的医生就下结论，她将靠呼吸机度过余生。她拒绝活在机器上。

#### 案例 2 :

一位慈善家在 2 个月里中风两次，左侧瘫痪。在康复中心，她非常沮丧，不参与治疗。她的双脚下垂，这可以断送她以后的行走能力，却没人管理。再一次中风可以危及她的生命，但医院并没有采取任何预防措施。然而，她的丈夫却认为他们得到了最好的服务，因为他们的医生是来自名医院!

#### 知识就是力量

我们向两个家庭建议特制的《王者健康与生命》，包括系统的医疗和心理知识，住院期间潜在的重大错误，专家的选择和评估等。

#### 生机勃勃

第一位女士三天后就成功地离开了呼吸器，回到自己的家中, 自由生活!

慈善家已能够拄拐杖走路，没有出现第 3 次中风。

## (案例研究 4)

### 9. 创伤性脑损伤的痊愈

一位中国医生在一次意外车祸中受到创伤性脑损伤。看过她的医学专家都预测她终身残疾。即使今天，完全康复对哈佛大学都很艰难。但是大脑对一位医生就是生死存亡，随之而来的心理，社会和金钱的压力更是惊人。这一切令她几乎无法保持清醒头脑，但她发誓一定要康复。

#### 全面出击

我们建议特制的《[加速康复课程](#)》，包括建立一个放松的系统，一切都当她自己已经康复计划安排。除了西医，我们建议用中医中药，并出去做义工，参加所有可以参加的晚会等。

#### 和以前一样出色

最后，这位坚定的医生完全康复了-- 她通过了美国医生执照考试，并且行医优异。我们也很高兴我们超越了哈佛！

## 一些推荐

“我发现杨斌医生（总裁）是一个聪明，能干，见地深的顾问，她以非常积极的态度和方向，协助他人运营内在和外部资源走出逆境。” --- 戴维·布里斯托，SIAG 风险管理主任

“我很高兴我们的工作更有效率，生意增加了，疗费用和缺勤减少。我的员对加强的生命，健康和压力问题的见解及解决能力感到满意。他们更注重外观，而且充满活力。他们不仅能够更好地配合工作，也能更有效处理个人问题。王者公司将我们的人力资本带到了一个最理想的水平。” --- 吉·沙利文，内华达州房地产公司总裁

“每个企业管理的人都应该上你们的课！” --- 钟玛吉，中欧国际工商学院学生大使

“你们的培训告诉我们通常忽略的，但对我们的工作和生活至关重要的，非常发人深省——我们原来可以成功得更多，同时又可以免去许多磨难！” --- 薛温迪，西线奥美副总裁

“我原来总认为我们只能在错误发生后吸取教训。你们的培训真是省钱省时间！” --- 王敏丽，罗切斯特科技首席代表

“杨医生以充满活力并致力于卓越而清新突出。她以快捷，极大的动力和能力解决临床问题，拥有扎实的临床知识和强烈的学习热情。她对病人充满爱心，并取得杰出的临床绩效。因此，我给杨医生我最高的推荐。” --- 西奥多·弗里德曼，医学博士  
加州大学洛杉矶分校副教授，内分泌科主任

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