

Make Your Job and Your Team's Easier

PROGRAM OVERVIEW:

The journey to success is not always smooth. Challenge and adversity can motivate us, but the associated stress can also destroy our decision-making, creativity, health, and age us fast. Vistage 2008 reported that 100% of 2400 CEOs participated in the survey complained about the pressure. Drug and alcohol use often only bring more disaster to the future. Studies indicate that Emotional Quotient can affect an executive's success 9 times as much as Intelligent Quotient can.

In addition, how to manage workplace stress has become increasingly important. Stress costs U.S. corporations \$300 billion annually in medical costs, turnover and absenteeism (American Institute of Stress 2007). Workplace stress is number 1 cause why employees leave their job, and 52 % of the participating companies are struggling to retain their top-performing employees, mostly due to work-related stress (Watson Wyatt Worldwide 2007).

Is your business and life full of challenges and adversities? Is stress threatening your decision-making, creativity and health? Does your business suffer low work efficiency, low innovation, and high turnover? If your answers are "yes," the course is designed for you.

PROGRAM OBJECTIVES:

- This course aims at enhancing participants' emotion quotient (EQ) and adversity quotient (AQ). In addition to the traditional lecturing method, this course will include a lot of case analyses, simulation exercises, group discussions, and more.
- Upon completion of the course, students are expected to be able to:
 1. Get job done quicker and easier;
 2. Unleash full potential within;
 3. Prevent and minimize workplace stress and challenge;
 4. Minimize turnover and other human capital costs.

WHO SHOULD ATTEND?

- Leaders, top executives, talents and others from general management, finance, marketing, IT, law, entertainment, real estate, product development, manufacturing and others.
- The program will be more beneficial to those whose work and life is full of stress and challenges; whose decision-making, creativity and health are threatened by stress; and whose business suffers high turnover and absenteeism, low productivity and innovation.

COURSE DURATION: 1.5- 2 days

KEY BENEFIT:

Individual:

1. Get job done with ease;
2. Unleash potential within,
3. Achieve maximum personal value;
4. Optimize Emotional, Adversity Quotient and problem solving at times of crisis;

Business:

1. Get job done better;
2. Optimize team work, innovation and productivity;
3. Minimize turnover, and other human capital costs.

PROGRAM OUTLINE:

A. Challenge and Stress

1. Stress introduction
2. Challenge and stress;
3. Response to acute stress, and negative symptoms of Stress;
4. Factors that can worsen and alleviate stress, and who are more vulnerable to stress;

B. Prevent Challenge and Stress:

1. Minimize potential elements at work and environment;
Work assignment
Communication
Innovation
Rewarding system
Study
2. Enhance problem-solving and change management;
3. Build up team restoring system;

C. Take Charge of Health and Life:

1. Eliminate costly health risk at work, discard bad health habits and concepts;
2. Be able to self-help at times of emergencies, learn to select and evaluate experts;

D. Stay at Optimal Level during Challenge:

1. Restore team efficiently, and keep a clear mind and full energy;
2. Eliminate blind spots in decision-making, look into underlying causes;
3. Identify negative effects of stress rapidly, and provide efficient solutions;

E. Crisis Management

1. Turn crises into opportunities;
2. Handle Failure efficiently.

COURSE FORMAT: The course uses the Case Practice, simulation exercise, group contest and other methods.

WORLD CLASS LECTURER: Dr. Bin Yang



Dr. Yang is the CEO and Consultant of The Prince Synergy. She graduated from Fudan University Shanghai Medical School in 1989, and studied Law as well. Later she had residency training in Internal Medicine at an UCLA affiliated program, in Neuro-Psychiatry at Texas Tech Univ., and studied US Business Law and business management. She focuses on decision-making, optimal performance, talent internationalization and team building.

She has enabled a participant to improve ranking 40 spot in 2 weeks, and assisted a local company to expand their sale internationally. She has helped a CEO burnout for 9 months stand up again in a few hours, and enabled new CEOs to fit different cultures with the least pain. Her hobbies include tennis, horseback riding and fashion design.

The Prince Synergy pursues excellence, whose mission is to help clients have lasting & smooth success. It has been lucky to receive enormous press at Forbes for its services since it opened for 7 months, and beaten Harvard in human capital restoration. It has been listed as a top expert in change management for CEOs, and in stress management for business and school.