

Stay at Optimal Level during Challenge

INTRODUCTION:

Our condition determines the operation of our business and family. We not only represent ourselves, but also our business and family, and determine their development. Business and life are full of Internal and external challenges, which can motivate us. However, the stress associated can also destroy our thinking, innovation, emotion, health, age us fast, and even make us die young.

Studies indicate that Emotional Quotient can affect an executive's success 9 times as much as Intelligent Quotient can. In order to stay at our optimal level to stay ahead of the game, we need to build up a personal system. We can run our business and life with full energy, and enjoy our success.

BENEFIT:

INDIVIDUAL:

1. Protect optimal decision-making, innovation, image, health, and get job done better;
2. Stay at desirable age;
3. Identify more opportunities and resources;
4. Take charge of emotion, and solve problem better in crises;
5. Prevent burnout and abuse of drug and alcohol.

BUSINESS :

1. Have efficient decision-making, innovation and execution;
2. Minimize sick leave, absenteeism and other human capital costs.

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 decision-making, performance, image and health are critical, and whose business and life is full of stress and challenges.

COURSE DURATION: 1-3 days

COURSE OUTLINE:

A. Build Up Personal Restoration System:

1. Know all aspects of personal peak performance;
2. Create a personal relaxation and rewards system;
3. Stay healthy and young, and be aware of world latest developments;
4. Ensure beauty sleep;

B. Have a Happy Inner Self, Optimize Personal Charisma

1. Stay young in mind, and have a happy inner self;
2. Sharpen insights into self and others, and communicate efficiently;
3. Know the line between genius and insanity;
4. Prevent common psychological illnesses.

C. Challenge, Stress and Aging:

1. Challenge, stress and aging;
2. Negative symptoms of stress;
3. Factors that can worsen and elevate stress;
4. Prevent environmental and potential Challenge and Stress;
5. Enhance personal charisma and flexibility;

D. Stay at Optimal Level during Challenge:

1. Keep a clear mind and full energy;
2. Eliminate blind spots in decision-making, and look into underlying causes;
3. Identify burnout and negative effects of stress, and resolve it efficiently;

E. Crisis Management

1. Stay sharp at times of crises;
2. Learn from crises;
3. Another opportunity;

F. Take Charge of the Source of Life:

1. Identify potential health risk in environment and self;
2. Discard the bad health habits and concepts;
3. Avoid costly health mistakes;
4. Learn necessary self-help during emergencies;
5. Learn to select and evaluate experts.

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. Due to her unique insights into human beings, Dr. Yang had the nickname "X-Ray" in medical school. Later she had residency training in Internal Medicine and Neuro-Psychiatry in the US, and studied US Business Law and Economy. She focuses on decision-making, optimal performance, talent-internationalization and team-building. 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.

Dr. Yang helped CEOs optimize personal charisma, and assisted a CEO who burnout for 9 months to re-stand up in a few hours. She enabled a lady with 30-year severe insomnia and white hair to resume sleep and beauty in 2 weeks. In addition, she is also an excellent physician who has turned many medical impossible into possible. Having been through highly stressful events, Dr. Yang has remained young and energetic, instead of aged, and turned disasters into opportunities.

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.

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.