

Health and Life Program

(A part of comprehensive course)

PROGRAM OVERVIEW

Have you had no energy with project delayed again and again? Have you or your loved ones had hard time to recover while bills are piling up? Do you know who your first doctor is? You--- you won't get to see doctor unless you can recognize your illness. When her eis not enough to get to hospital, when your doctor misdiagnosed, how you handle your illness can mean life or death, recovery or disability. No body, including insurance company, can pay for your time, opportunities and life altogether. The more you know, the more you can be in charge, especially when it is a matter of life or death. This program was first featured in *Forbes* in September 2007. Through hands-on practice, the program helps:

BENEFITS:

INDIVIDUAL:

1. Have better Health Quotient (ability to take charge health and life)-- Enjoy optimal energy, look and feel great. Avoid costly health mistakes, learn to select experts, minimize doctor visits and hospital stays, and recover fast when needed;
2. Take care of loved ones better.

BUSINESS:

1. Enjoy energetic and stable productivity and creativity.
2. Reduce health care costs and other associated human capital cost.

WHO SHOULD ATTEND?

Executives, entrepreneurs, professionals, talents and others who need energy to get work done well and on time, and who and/or whose loved ones have poor recovery from illness or injury, and want to take charge of health and life.

COURSE DURATION: 1.5-2 days

Fee: 980-1200US\$

CLASS FORMAT:

Combine Medicine and common business, use the Cases Practice and simulation exercises to help participants to learn and manage self well.

PROGRAM OUTLINE:

A. Base Line

1. Self-exam
2. Human systems vs Medicine systems

B. When Well

1. Keep Healthy Weight, Diet and Exercise
2. Smoking, Alcohol and Drugs
3. Marriage and Education
4. Sleep Well
5. Prevent Common Diseases

C. Office 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. Cardiopulmonary Resuscitation (CPR)

E. Recover Fast from Injury

1. What makes recovery difficult?
2. Back to Work and Life Faster

WORLD CLASS INSTRUCTOR:



Dr. Bin Yang is the CEO and Founder of The Prince Synergy with strong background in medicine, law and business. She focuses on decision-making, execution, fast-learning, challenges management and work and life balance. 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, which enables business team and individuals to grow rapidly with lasting successes at a deep and comprehensive level.

While The Prince Synergy has received enormous press received 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, Chief Executive and others. Dr. Yang has been invited to give lectures at the Chinese University of Hong Kong-EMBA, China Europe International Business School, Beijing University-EMBA, Fudan University, University of Southern California and more. Her hobbies include tennis, horseback riding and fashion design.

Teaching Style: use the Case Practice, simulation exercise, tests and other methods. Tailor services according to customer needs.

Languages: Fluent in English and Mandarin; efficient in Cantonese.

Main Teaching Courses:

1. “Study through Short Cut, Beat the USA, and Lead the World;”
 2. “Elite Bird Spots i Decision-making, Overcome Development Bottleneck;”
 3. “Stay At rative Diring Challeng
 4. “From Challenge/Stress to Success;”
 5. “Succeed in the US / Ciring;”
- Program.”

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