

**Optimal Health Trainings
for Businesses &
Individuals**

**PRODUCING HEALTH:
A NEW DIRECTION**

THRIVING!™

Lifelong Skills for Optimal Health

The Essential Wellness Methodology to:

- Eliminate (not “manage”) Stress Damage
- Innovate THRIVING Solutions
- Successfully Navigate Change
- Enjoy Healthier Performance
- Energize



**P.O. Box 1436
Langley, WA 98260 USA
360.730.1114**

www.GlobalOptimalHealthGroup.com

Welcome Producing Health! A New Direction

Knowledge has advanced beyond the business of healthcare, beyond illness reduction, beyond illness prevention & even beyond wellness.

Nobody is Producing Health

Western medicine is brilliant at acute emergency care. It's wealth of knowledge comes from its nearly exclusive focus on diagnosing and reducing pathology: symptoms, illness and disease.

But . . . medical care can start only *after* problems develop enough to be recognized. This delay increases costs exponentially, while unresolved symptoms worsen into illness, organ damage and disease. Because medicine generally does not seek to identify "causes", it can rarely "cure". Instead of a "fix", repairs are repeatedly performed for the same conditions. That also increases costs.

Human Resource manages illness costs.

Health insurance neither "insures" nor guarantees health. It only pays for medical services.

Coverage is decreasing. Illness costs are increasing. Time is ripe for healthy change.

The Need for Optimal Health

People want to be truly healthy, not just less ill. No matter who pays for medical services, business needs healthy people.

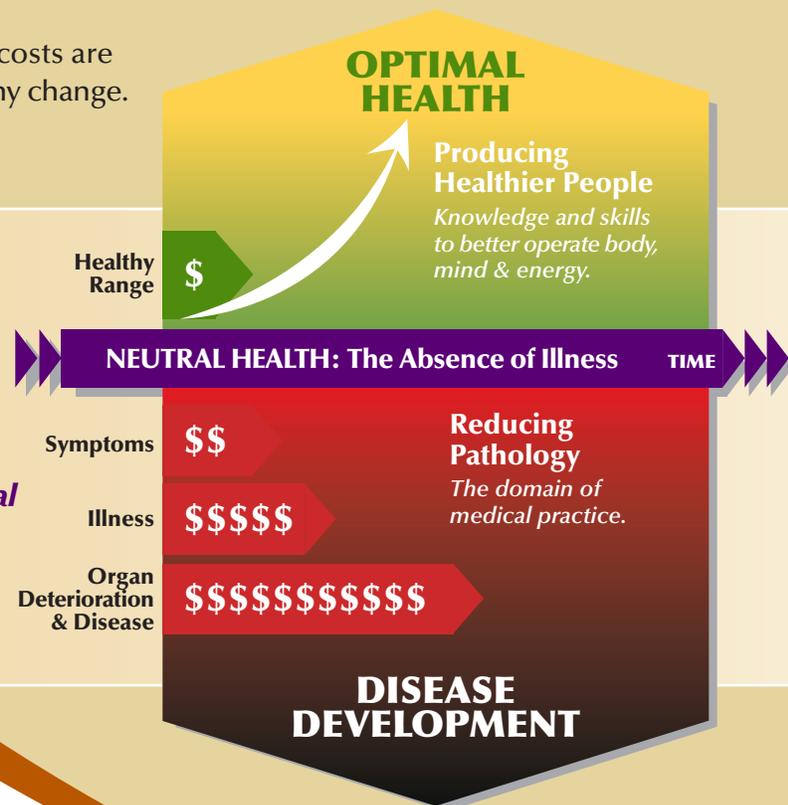
Healthy people work better, focus better and produce better. Healthy people need fewer medical services and are more present.

We Can Now Produce Optimal Health!

Optimal Health Trainings provide lifelong skills – not pills – to better operate the mind, body, emotions, focus and energy as a more vibrant whole.

We deliver uniquely effective tools, knowledge and best practices from around the world – science based and clinically proven – that produce healthier people.

Optimal Health Trainings perfectly complement medical practice of reducing pathology. We provide the essential skills to produce optimal health!



Optimal Health Trainings: The Menu

The Full Course

THRIVING! Lifelong Skills for Optimal Health

Total Training Time: 12 hours

This essential foundation for optimal health comes in three integrated sets of uniquely effective skills. These are skills to better operate your mind, body, emotions, focus & energy as a more vibrant whole. Trainings can be in two, four or six-hour sessions.

Module 1. Focused Calm

Training Time: 4 hours

The optimal health state that sustains top performance

How to eliminate (not “manage”) stress damage, turn on your body’s True Calm state, fully de-stress and easily enter the healthier “zone” of top quality performance – all by restoring four body systems to optimal health – faster & safer than pills.

Module 2. Thriving Solutions

Training Time: 4 hours

The genius focus that improves life

How to uplift your mind from stress into the health-producing mental patterns of solutions and innovation to successfully navigate rapid global change and enjoy better living.

Module 3. Energy Health

Training Time: 4 hours

Practical wisdom tools that fuel top performance

How to energize with abundant positive life force energy, prevent stress damage to adrenal glands, strengthen your energy field and cleanse your energy field of colds, flu & illness before they can develop – with a fascinating science-based understanding of biological energy.

Appetizers a la carte

Lunchtime Lectures

One hour each

Between or during meals these spicy, interesting, fun & interactive lectures each provide a wealth of valuable knowledge with key skills to produce optimal health.

1. **Rapid Calm** – The De-Stressing Key for Healthy, Focused Performance
2. **Presence of Mind** – The Key to Mental Clarity, Strong Focus & Creativity
3. **Thriving Solutions Focus** – The “Genius” Focus for Innovation & Improving Life
4. **Relaxed Readiness** – The Mobility Key for Healthy Skeletal Muscles, Dissolving Tension
5. **Energy Health** – The Key to Feeling Really Good
6. **Energy Field Strength** – Chinese Yi Ren Qigong Keys to Protect & Nourish Your Life Force

Desert

Private Optimal Health Trainings for Individuals

90 minutes per session

Timely access to the right resources can help people gain optimal health and enjoy top performance, especially while dealing with the stressful pressures of life’s challenges – on and off the job.

The Healing Dialogue is an artful interactive process to gain the benefits of your mind/body wisdom and eliminate (not “manage”) stress damage. Private trainings offer seasoned expertise with confidentiality. A wide range of uniquely effective tools and understandings are tailored to you. All stress conditions are generally remedied in 2-6 training sessions.

Please call or email to schedule
Optimal Health Trainings.

360.730.1114

info@globaloptimalhealthgroup.com





Producing
Healthier
People

Focused Calm

The Optimal Health State That Sustains Top Performance

In this refreshing training, you will learn how to activate your body's Focused Calm state and fully de-stress within six seconds – faster & safer than pills. You easily enter the healthy state of being in “the zone” of top quality performance.

Imagine having the lifelong skill to feel calm, focused & relaxed whenever you want – anytime, anyplace. How much better would your life be? With Focused Calm you can now thrive during today's hyper chaotic lifestyle of rapid change. Focused Calm is the foundation needed for optimal health and optimal human functioning.

“Swift, effective and simple techniques that anyone can use anytime.”

Paul J. Rosch, MD, F.A.C.P.
President, *The American Institute of Stress*; Clinical Professor of Medicine & Psychiatry, New York Medical College

“I recommend his program highly.”

Toshihito Hasegawa, MD, M.P.H.
Co-Founder: *Japanese Association of Stress Research*

“In my 17 years at Pritikin I have found the approach provided by Robert Siegel to be the only tangible stress tools that have successfully worked in my personal life.”

Kevin Wiser
President, *Pritikin Longevity Center*

“This is it! Streamlined, easy to learn, rapid results and totally effective against daily stress build-up.”

Tamela Thomas
Wellness Manager,
Washington Athletic Club

Genuine Prevention:

These skills eliminate (not “manage”) a lifetime of stress damage and adrenal fatigue.

Lower Lost Work Time & Healthcare Costs:

Dissolve this single cause of:

- 75% – 90% of doctor visits (*American Institute of Stress*)
- 50% of absenteeism (*European Agency for Safety & Health – study of USA workers*)
- 50% of increased worker healthcare expenses

(Journal of Occupational & Environmental Medicine)

Increase Productivity:

Reclaim the 50 – 125 hours of productivity now lost per year **by every person** too stressed to focus for 12 – 30 minutes a day.

Lifelong Skills & Valuable Benefits:

- De-stress & feel calm in six seconds – faster, safer than pills
- Rapidly restore 4 body systems to optimal health and optimal function
- Enjoy the sharper focus, enhanced mental clarity and greater sensual awareness of “being more present”
- Gain the prized ability to instantly clear your mind of distracting thoughts, worry, negativity & overwhelm
- Dissolve muscle tension and relieve tension headaches quickly
- Savor more refreshing sleep & remedy insomnia by quieting the mind at night
- Reduce or eliminate all stress-related symptoms with skills, not pills
- Enjoy the emotional benefits of greater calm at work & home
- Increase joint flexibility and strengthen joints
- Slow the aging process and boost immune strength

Methodology

Hands-on application of clinically proven psychophysiological skills & attention-focusing mechanics.





Thriving Solutions

The Genius Focus That Improves Life

In this uplifting training, you will discover a special focusing key for better living, business success and optimal mind/body health. Thriving is humanity's next step. As you apply this Thriving focus to all challenges, problems, difficulties and decisions, your life increasingly improves. Not "problem-solving", the Thriving Solutions Focus is essential for creating solutions. This healthier use of the mind boosts immune strength. Plus, it gives positive life direction, develops intuition, motivates and uplifts emotions.

Artists and visionaries use this focus to spark the genius of innovation - now an essential core competency. New products, services, methodologies and technologies are rapidly changing how we live. Those who can creatively integrate information into practical applications will successfully navigate the future.

People need new focusing tools to comfortably cope with rapid global change. Decisions aligned with the direction of change have great advantage. These Thriving tools give a new understanding of how to create genuine prosperity.

The human mind operates in mental patterns. Stress locks our focus into illness-producing mental patterns of negativity & problems that weaken the immune system, amplifying fear, anger, frustration & depression.

Enjoy the powerful "Big Lever" – how to move your mind into "Thriving" and engage the five health-producing mental patterns of solutions.

Lifelong Skills & Valuable Benefits:

- Uplift and stabilize focus with healthier, positive mental functioning
- Stop mental worrying & unhealthy negativity, without denial of reality
- Streamline meetings and greatly improve effectiveness
- Increase personal satisfaction & feel more positive – on & off the job
- Re-direct negativity & problems into solutions and accomplishment
- Profit from better communications to others and to yourself
- Accelerate goal-achievement, enhance teamwork and cultivate cooperation
- Enjoy the valuable messages stress delivers to successfully navigate change

For maximal training results, each participant will want to bring genuine business or personal challenges to solve.

Methodology

Practical application of attention-focusing mechanics, psychoneuroimmunology & transformational linguistics

*Producing
Healthier
People*

*"Staff response was
extraordinarily positive."*

Catherine Tracy
Chief Deputy, LA County Dept.
of Children's Services

*"Great, compact and
time-saving."*

Omar A. Askari
President & CEO,
United Technical Services,
United Arab Emirates

*"Participants raved about these
techniques to eliminate stress
damage, resulting in a grounds-
well demand for more classes.
Our governmental organization
is under increasing pressure to
respond to growing & changing
work demands with ever-
decreasing staff resources. It
makes sense to incorporate
stress elimination techniques
like **THRIVING**[™] into health
care management strategy.
Calm employees make better
decisions & fewer mistakes.*

Mary Wohleb
Training Program Manager,
King County Water &
Land Resources Division





Energy Health

Practical Wisdom Tools That Fuel Top Performance

Discover the ultimate optimal health treasure: abundant positive life energy. In this fascinating training, you will learn how to recharge yourself with energy and gain the extraordinary benefits of a vital life force.

Our culture now depends on getting personal energy from adrenal glands artificially triggered by caffeine and short-term sugar rushes. Designed for emergency use only, overly stressed adrenals cause rapid aging, blood sugar problems, immune weakness and fatigue. The pre-eminent medical researcher of stress, Dr. Hans Selye, described the ability to handle stress and change as a function of one's "Adaptation Energy Supply". When stress damage drains that limited supply – without recharging – illness, burnout, disease and exhaustion (death) result.

You will learn healthier ways to energize that nourish your adrenal glands. You will gain a fascinating science-based understanding of biological energy and its importance for immune strength. Like the movie "Ghostbusters", your energy field can become polluted, sickened and drained. Negative interactions with people and over exposure to electro-magnetic fields of computers, cellphones and fluorescent lights can weaken this natural layer of protection. Learn how to prevent illness, flu and colds at the energy level before they ever become physical. Greatly improved health, awareness and well-being result.

Lifelong Skills & Valuable Benefits:

- Recharge your vital life force and strengthen your energy field
- Cleanse your energy field of colds, flu and illness before they can develop
- Develop higher, healthier personal energy levels
- Feel the benefits of a vitalized life force in all areas of your life
- Gain the perceptual advantages used by highly successful people
- Uplift your personal moods and improve interactions with others
- Protect & nourish yourself from burnout and draining interpersonal exchanges
- Enjoy feeling good inside even when life is not perfect
- Recharge your body with nourishing "earth energy"
- Activate your "Life Gate" – the power generator for vibrant kidney/adrenal health

Methodology

Practical application of physiology, bio-physics, attention-focusing, electromagnetic field theory and knowledge of ancient wisdom traditions – to the scientific understanding and direct experience of producing greater life energy, more vibrant well-being and optimal health.

*Producing
Healthier
People*

"If you're not satisfied with your physical, mental or emotional health, this program is for you. All you have to do is try it. It works."

Elmer E. Green, Ph.D.
*Formerly Founder & Director
Emeritus, Menninger Clinic, Center
for Applied Psychophysiology,
Topeka, Kansas*

"It is rare to find such a wonderful learning experience in today's world."

A.K. Zebdi
*Software Engineering Consultant,
Insightful Corporation*

"This very special class has helped me so much I've sent friends & coworkers, all of whom have benefited enormously. I'm here to tell you, you're not even aware of how much stress you carry, nor how easy it is to remedy."

Doug Hotei Rice
*Program Manager, King County
Dept. of Natural Resources*

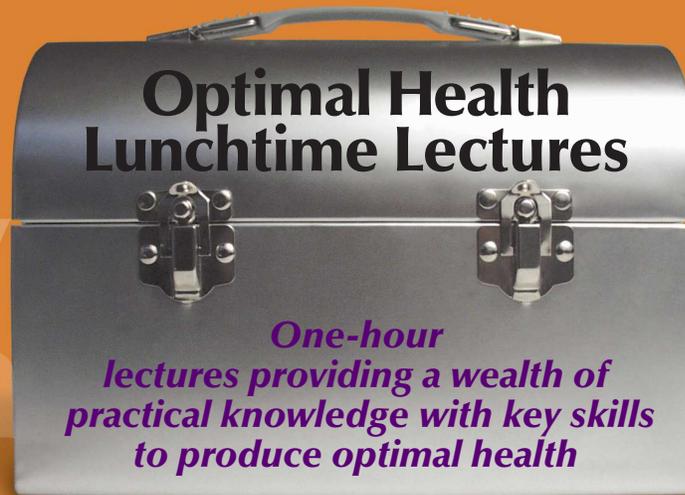




Optimal Health Trainings Lunchtime Lectures

Producing
Healthier
People

Energy
Calm



Health
Focus

1. Rapid Calm

The De-Stressing Key for Healthy, Focused Performance

Today's single most important health skill is the ability to immediately de-stress and rapidly reset your sympathetic nervous system to healthy calm in seconds. You can enjoy *Rapid Calm* while working, driving, walking and talking.

- Enjoy greater emotional calm at work and home
- Slow aging and reduce/eliminate symptoms of stress

2. Presence of Mind

The Key to Mental Clarity, Strong Focus & Creativity

The ability to focus fully in the present streamlines thinking, improves decision-making, sharpens memory and enhances awareness.

- Gain the prized ability to instantly clear your mind of distracting thoughts, worry and mental overwhelm
- Savor more refreshing sleep and remedy insomnia by quieting your mind

3. Thriving Solutions Focus

The "Genius" Focus for Innovation & Improving Life

Artists, innovators & visionaries use a special focus to access their genius. The stressful challenges of constant change now require creative innovation as a basic ability.

- Discover the powerful difference between creating solutions and "problem solving"
- Transform challenges and problems into goal-achieving opportunities

4. Relaxed Readiness

The Mobility Key for Healthy Muscles & Dissolving Tension

Relaxed muscles help nutrient rich blood and oxygen fuel the brain and nourish internal organs. Relaxation greatly improves reaction time.

- Quickly dissolve skeletal muscle tension and relieve tension headaches
- Enjoy greater freedom from tension

5. Energy Health

The Key to Feeling Really Good

Abundant, positive life force is a priceless treasure. Healthier ways to energize have valuable benefits.

- Recharge your vital life force & boost immune strength
- Uplift personal moods & enjoy feeling good inside without life being perfect

6. Energy Field Strength

Chinese Yi Ren Qigong Keys to Protect & Nourish Your Life Energy

A fascinating science-based understanding of biological energy gives you these practical tools to prevent illness and strengthen immune system energetically.

- Cleanse your energy field of colds, flu and illness before they can develop
- Recharge your body with nourishing "earth energy"

Call or email to schedule your
Lunchtime Lectures as an entire
series or ala carte.

360.730.1114

info@globaloptimalhealthgroup.com



P.O. Box 1436 Langley, WA 98260 USA
360.730.1114



Private Trainings: The Healing Dialogue

*An artful interactive process guiding you to:
Gain the benefits of your mind/body wisdom
Eliminate – not “manage” – stress damage*

Just as thirst signals us to have a nourishing drink, stress-related symptoms and illnesses have a vital communication function. Like the ringing bell of a cellphone, “stress” delivers beneficial signals of change with important messages needed to restore optimal mind/body health.

Remarkable health improvements can result when the valuable gifts of this wellness key are discovered and received. Benefits come when you ‘pick up the phone and get the message.’ Stress damage dissolves once its communication role is accomplished.

Connecting with your own mind/body wisdom – the source of your intuition, creativity & inner guidance – will give you perceptual advantages that top decision-makers and achievers rely on. Robert will train you to utilize this process for optimal health and for your life challenges.

All stress conditions can generally be resolved and remedied in 2-6 training sessions.

Training sessions contain these three elements.

Your Stress Profile

A psycho-physiological assessment that educates you about how your body and mind react to stress, tension, pressure & anxiety. Includes a prescription of skills you need.

Optimal Health Skills

A wealth of uniquely effective skills tailored to help you better operate your mind, body, emotions, focus & energy for life.

Your Mind/Body Wisdom

A process to discover and enjoy the valuable communications of your stress, symptoms and illnesses so you gain their benefits and perceptual advantages.

Producing
Healthier
People

“If you’re not satisfied with your physical, mental or emotional health, this program is for you. All you have to do is try it. It works.”

*Elmer E. Green, Ph.D.
Formerly Founder & Director
Emeritus, Menninger Clinic, Center
for Applied Psychophysiology,
Topeka, Kansas*



P.O. Box 1436 Langley, WA 98260 USA
360.730.1114

Call or email to schedule an appointment for yourself or key persons in your organization.

360.730.1114

info@globaloptimalhealthgroup.com



The Founder & CEO Global Optimal Health Group

Producing
Healthier
People



Robert Simon Siegel
Founder & CEO,
Global Optimal
Health Group

Robert Simon Siegel, MS, Internationally known author of *Six Seconds to True Calm: Thriving Skills for 21st Century Living*. Robert is a stress specialist, corporate trainer, Yi Ren Qigong Instructor and psychophysiological with more than 20 years experience in the remedy of stress conditions. Robert was invited to speak at the 2008 National Wellness Conference in Stephens Point, WI.

Robert developed Optimal Health Trainings to help corporations, government agencies, organizations and the public produce optimal healthy people, innovate, eliminate stress damage, lower healthcare costs and successfully navigate change. Companies transform health from a cost into an investment that drives productivity.

"Your skills can be used anytime to provide a clear, improved mental focus. This small investment has long-term benefits & payback. I encourage others to invest time in this training to better address the increased demands of law enforcement officers' work. One can use these practical techniques to better serve one's community."

Lieutenant Gerald Alexander
Criminal Investigation Unit, Port
of Seattle Police Department

Here are some of the clients we have benefited:

Chevron U.S.A. Inc.
NBC
Port of Seattle Police Dept.
Providence Health System
TRW
Washington Athletic Club
Rockwell International
National Semiconductor

Pritikin Longevity Center
DEC
INCOL
King County, Dept. of Natural Resources
Pacific Enterprises
L.A. County, Dept. of Children's Services
Gore Graphics

Here are some of the media who have featured us:

FOX-TV *Good Day New York*
CBS-TV *Up To The Minute*
KTLA *Noon News*
WABC
Boston's WXKS-FM
CLTV
WLUP
Chicago Tribune

Mademoiselle
Fit
Seattle Magazine
Savvy
Chicago Reader
Woman's Day
Spa

WE have a real solution.



P.O. Box 1436 Langley, WA 98260 USA
360.730.1114

Call to schedule trainings for your organization.

360.730.1114

info@globaloptimalhealthgroup.com