

Appreciate Human  
Capital

*Discover Innovation*  
Where productivity  
meets health

# Optimal Health Trainings™

*Transform **health** from a cost into an  
investment that drives productivity.*

**Strategic Opportunity:**

- Improve capital deployment
- Reduce opportunity loss
- Lower exposure to rising medical costs
- Provide the proactive component necessary for health plan cost control
- Eliminate the primary source of illness costs & lost work-time
- Enjoy ROI that maximizes both productivity & health



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



Nearly half of CFOs report being at or above their critical point where:  
**Lost work time from poor health has meaningful impact on company's business performance.**

*The Business Value of Health, 2006 survey by  
 Integrated Benefits Institute and CFO Research Services*

## Opportunity Costs of Employee Poor Health

- Lost work time** – absenteeism, presenteeism
- Lost productivity** – missed deadlines, work undone, added management efforts, quality lapses
- Lost profitability** – overtime, wage replacement payments, staffing costs, lost revenue, reduced net income

## Have you noticed?

- Health plan cost control has little success on costs, productivity, health or absenteeism.
- Shifting health costs to employees has negative impact on employee health & productivity.
- Healthcare businesses will never lower their costs.
- No matter who pays, your business needs healthy people to work.

## Do you want?

- ✓ Competitive advantage of unique health benefits to attract and retain valued employees
- ✓ Strategy that leverages your human capital to increase revenue
- ✓ Solution to simultaneously improve productivity, lower healthcare costs, reduce absenteeism, reduce presenteeism and improve employee health

## Optimal Health Trainings

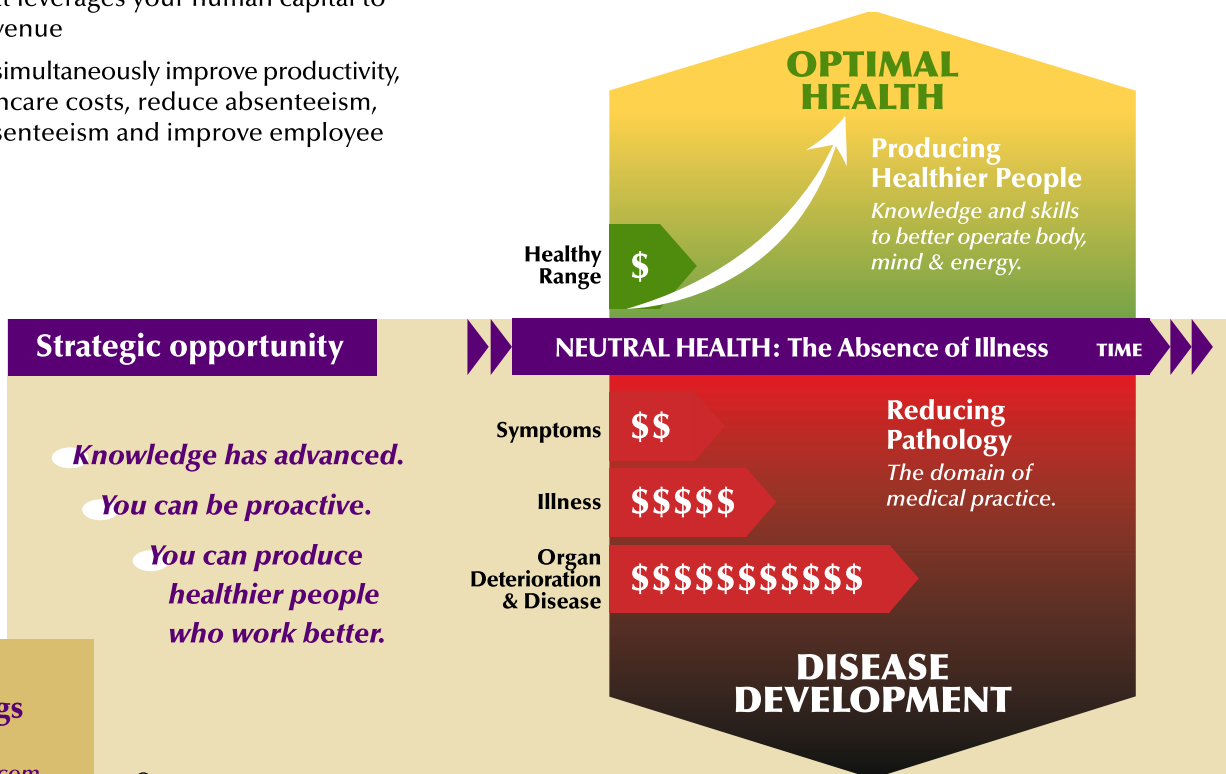
*The proactive health innovation for health plan cost control*

We equip your people with lifelong skills – science based & clinically effective – to better operate their minds, bodies and energy. You gain a workforce of healthier, energized people who can focus & produce better, innovate solutions, collaborate, improve operations & grow your business. Your organization will thrive with change.

## Optimal Health Trainings

*Benefits that increase profitability*

- Prevent exponential cost increases from illness development
- Establish the foundation for all wellness efforts
- Help insurers reduce risk and lower payout
- Enjoy continuous ROI with lifelong use
- Eliminate not “manage” stress damage
- Produce healthier, focused people
- Sustain top quality performance
- Improve productivity



Call to schedule  
**Optimal Health Trainings**  
 360-730-1114  
[info@globaloptimalhealthgroup.com](mailto:info@globaloptimalhealthgroup.com)



# Optimal Health Trainings™

Today's most important productivity & health skills

*Lifelong skills to better operate your body, mind & energy as a MORE vibrant whole.*

**Successful cost containment, illness prevention & wellness benefit by knowledge to first eliminate not "manage" this significant stress damage:**

- 75% - 90% of all primary care **doctor visits** (*American Institute of Stress*)
- 50% of **absenteeism** (*European Agency for Health & Safety – study of USA workers*)
- 50% of **increased healthcare expenses** (*Journal of Occupational & Environmental Medicine*)
- 50 hours of **lost productivity** annually per employee too stressed to focus for 12 minutes a day

**Your strategic opportunity. Our proactive solution.**

**THREE SKILL SETS that together produce optimal health, improve productivity and convert "stress" into an amazing guidance system to successfully navigate change, prevent many illness costs & enjoy thriving!**

## **FOCUSED CALM** *Training time: 4 hours*

*The Optimal Health State That Sustains Top Performance*

**Clear mind, sharp focus, calm emotions, relaxed body**

Quickly de-stress in seconds by resetting four body systems to optimal healthy operation for top performance and maximum productivity all day – on and off the job for life.

## **THRIVING SOLUTIONS** *Training time: 4 hours*

*The Genius Focus That Improves Life*

**Mental patterns for innovation, teamwork, creativity and optimal psychological health**

Replace illness-producing mental patterns of stress and negativity with effective mental tools to streamline meetings, boost immune strength, communicate effectively and create a lifetime of solutions for challenges, problems and decisions – on and off the job for life.

## **ENERGY HEALTH** *Training time: 4 hours*

*Practical Wisdom Tools That Fuel Top Performance*

**Vitality plus enhanced awareness**

Energy is life's fuel. Gain proven key skills to have greater life energy, increase awareness, boost immune strength, prevent colds, improve joint function & enjoy energized well being – on and off the job for life.

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

*Tamela Thomas  
Wellness Manager,  
Washington Athletic Club*



**Robert Simon Siegel, MS**, is CEO of Global Optimal Health Group, a training company dedicated to the discovery, development and distribution of knowledge, tools and practices that produce optimal health and optimal human functioning. Clients include Chevron USA, NBC, TRW, Port of Seattle Police Dept., King County, Washington Athletic Club and Providence Health Systems. Psychophysicologist, Qigong Instructor, corporate trainer and stress specialist, he has more than 20 years experience in the remedy of stress conditions. Robert has published articles internationally, nationally and in local Seattle magazines. Robert has trained directly with wisdom lineage holders of several traditions, including Native American Spiritual Medicine, Chinese Taoist Qigong, Zen Buddhism and others. He is the author of *Six Seconds to True Calm: Thriving Skills for 21st Century Living*, and the forthcoming thriller: *Thieves of Eden*.

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