

Individual Optimal Health 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 & 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.



Robert Simon Siegel, MS, Internationally known author of *Six Seconds to True Calm: Thriving Skills for 21st Century Living*, Robert is a Yi Ren Qigong instructor, stress specialist, corporate trainer and psychophysiological with more than 20 years experience in the remedy of stress conditions. As the Executive Director of the Global Optimal Health Group, Robert provides THRIVING training programs to corporations with an innovative financial strategy to help lower healthcare costs by producing healthier people who can work and focus better.

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

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