



**Discover
Optimal
Health**

**Optimal Health Trainings
for Businesses &
Individuals**

Burnout Prevention & Nourishment for Healthcare Providers

THRIVING! A Unique Educational Training of Vital Skills

- ***Eliminate (not “manage”) stress damage for life***
- ***De-stress, feel calm & enjoy mental clarity in seconds***
- ***Thrive in the potentially draining caregiver/patient energy exchange***
- ***Gain new psychophysiological skills for direct patient care***
- ***Learn how to nourish, recharge & protect your life energy***
- ***Rapidly reset 4 body systems to optimal function & healthier homeostasis***
- ***Restore personal health and prevent burnout***

Based on 25 years of clinical experience and cross-disciplinary research as a psychophysiological and stress specialist, Robert Simon Siegel, MS has developed a comprehensive science-based methodology to eliminate (not “manage”) stress damage. These uniquely effective lifelong skills simultaneously help produce optimal health by learning how to better operate your mind, body, emotions, focus and energy.

THRIVING! trainings significantly increase healthcare providers’ repertoire of effective personal skills to remedy today’s single greatest health problem: burnout from stress damage.

THRIVING! can provide an excellent choice to help fulfill CME requirements. These skills also apply directly to improving patient care for:

- Physicians
- Nurses
- Healthcare Professionals
- Medical Staff
- Administrative Personnel

Benefits begin immediately – on and off the job. People come to work healthier & leave healthier.



Call to schedule
THRIVING Trainings:
360.730.1114

www.GlobalOptimalHealthGroup.com