



VISIONARY HEALTH SOLUTIONS
Training, Consulting & Visionary Coaching
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INNOVATIVE COACHING PROGRAM

Optimal Performance Through Individual Health

Susan Eisner, MPH, CASAC offers individual and group sessions for physicians and health professionals, administrative and leadership personnel, other organizational staff, and for the general lay public for issues including anger management, relationship problems, burnout, stress and anxiety, poor performance, compulsive behaviors, physical illness, and more. Susan uses innovative techniques that vary from traditional methods, and include relaxing, guided self-reflective processes in which the root causes of current behaviors, attitudes and beliefs are uncovered and addressed, promoting more rapid and lasting improvement. Individuals working in medicine, an already stressful arena in itself, have been pushed to the brink in today's difficult environment, making this a particularly timely intervention for personal change and raising morale.

Who would seek out these services, and for what types of concerns?

People:

- Who want to improve, and to clear specific blocks to their effectiveness, leadership, performance and productivity, creativity, decision making, handling conflicts, teamwork, motivation and concentration.
- With issues of anger management, burnout, stress and anxiety, depression, fears and phobias.
- Who wish to strengthen interpersonal communication skills professionally and personally.
- Who have difficulty getting along with colleagues and staff, patients, family, friends, and others.
- With compulsive behaviors like overeating, smoking, drinking, gambling, obsessive thinking, etc.
- With physical problems like pain, diagnosed and undiagnosed illnesses and symptoms, allergies, fatigue.
- With personal problems unrelated to work that negatively impact them, and may impact their work.

What does this service consist of?

- Longer sessions are done with individuals. All change starts at the level of the individual. Personal change improves and changes how one interacts with and influences others.
- Small group seminars incorporate short processes and promote group discussion.

How does it work, and how is this different from other methods?

- Clients are led through relaxing, guided introspection processes that can more quickly reveal root causes and connections to current day problems, and allow for the formulation of strategies for improvement.
- The result, unlike with conventional methods, can be more rapid and permanent relief.
- It is widely accepted that one's past impacts current behavior, attitudes and beliefs, and psychological and physical health. When past events are particularly traumatic or not emotionally skillfully handled at the time, their impact becomes even stronger. When these remain unexamined, moving ahead in life is like trying to drive a car using both the brake and gas pedal at the same time, but going nowhere. These processes deal with these issues directly in an emotionally safe, non-threatening environment. The resulting letting go of strong negative emotions, fears and doubts bring individuals into increased awareness of themselves and of others, and lets them move forward from sometimes lifelong stuck points toward the positive changes they seek.

What are the benefits and results?

Many individuals:

- Achieve clarity about themselves and their impact on others.
- Have fewer anger outbursts and conflicts with others, communicate better, and are better team players.
- Achieve goals better, with better alignment of intentions and actions.
- Respond appropriately vs. impulsively reacting in difficult situations.
- Develop new attitudes and belief systems that are beneficial to them and their organization.
- Have higher self-esteem and respect for others.
- Become more compassionate toward themselves and others.
- Are more relaxed and centered, make better decisions, and are more focused, energetic, confident, creative, productive, motivated, and flexible.
- Are less anxious, depressed and fearful.
- Find relief from compulsive behaviors, and manage their emotions in less destructive ways.
- Take better care of themselves physically, feel better physically, or have a better ability to handle illness.
- Are more authentic and influential with colleagues and others.

Teams and organizations may profit from:

- Higher overall productivity and performance.
- Improved patient care.
- Improved interactions with patient families and loved ones.
- A healthier work environment in which people can serve.
- Improved employee morale.
- Functioning teams.
- Less conflict, more constructive dialog.
- Fewer meetings, and less time and money spent on administratively dealing with problematic employees.
- Less paperwork generated dealing with problematic employees.
- Less absenteeism, staff turnover, and fewer health problems in employees.
- Less money spent on health-related problems, hiring and training new employees, etc.

Emotional and physical survival as an individual, as a group, and as an organization depends on the ability to respond to the vast changes before us. By making lasting, effective changes within us, we can become better individuals who function more effectively in a group. Experiencing these sessions will help you find peace in the storm. Anchored in clarity, you may emerge as a powerful force and leader in your workplace, in your family, among friends, and in the world.

**For more information, to schedule an appointment or introductory group seminar, or to make a referral:
Please contact Susan Eisner at (631) 269-7048 or by email at susaneisner@optonline.net.**

These processes are confidential.

Referrals can be made to Susan by those in leadership roles, and also, anyone can schedule these for themselves.

Sessions can be done in person or by phone.