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*Moonview Sanctuary Executive Resilience and Peak Performance  
Summits Help High-Powered Executives Achieve Maximum  
Potential in Both Professional and Personal Lives*

**Executive Resilience and Optimal Performance  
Counseling Also Offered on Individual Basis**

**Los Angeles, CA – September 26, 2008** – Moonview Sanctuary ([moonviewsanctuary.com](http://moonviewsanctuary.com)), a non-residential treatment and optimal performance center which specializes in combining Eastern and Western approaches, has announced a new series of workshops designed to address the most pressing issues facing corporate executives today. The *Moonview Executive Resilience and Peak Performance Summits* examine crucial elements of personal development and organizational management in order to help high performance individuals achieve maximum potential in both their professional *and* personal lives. In addition to individualized one-on-one trainings already available, one and two-day programs will now be offered monthly, while weekend intensives, running from Friday evening until Sunday night, are available quarterly at various retreat locations.

“While we focus on the standard concerns of any corporate executive, such as stress management, competition and productivity, we confront them from a decidedly positive perspective geared toward increasing personal resilience, motivation and balance,” says Stephen Sideroff, PhD, workshop facilitator and Moonview’s Clinical Director.

The main focus of the workshops and trainings is *Resilience*, a concept which Dr. Sideroff defines as the ability to handle adversity and achieve one’s maximum potential. Each workshop begins with a brief self-test on the ‘Nine Pillars of Resilience’ through which the participants examine the attributes of presence, flexibility and power; emotional, cognitive and physical balance; and relationship with self, others and “something greater.” When tabulated in the self-scoring chart, participants have an immediate understanding of personal functioning that can lead to optimal performance with manageable levels of stress. “Most people are really surprised by their results in at least one or two categories,” states Dr. Sideroff. “Even the most accomplished individual can be unaware of problem areas in their life so this simple test really brings these areas into sharp focus.”

Through a series of instructions, lectures and interactive group sessions, the workshops offer participants innovative concepts and approaches to both business and personal challenges. Attendees are provided opportunities to discuss different ways of responding to typical business situations and integrate the tools and techniques presented into their particular companies. Participants also hear perspectives from several experts, including organizational psychologists, business leaders and researchers in human potential, who challenge deeply held belief systems that may be blocking a person’s ultimate potential for happiness, success and fulfillment.

“Moonview has assembled an extraordinary team of recognized experts representing the most advanced learnings in neuroscience, psychology and human potential, creating a rare opportunity for self-awareness, personal growth and collaboration,” says Dr. Gaetano Vaccaro, Executive Trainer and Moonview’s Director of Development.

Moonview Sanctuary Presiding Director Gerald Levin, a former Fortune 100 executive whose prior single-focused management style has given way to a humanistic approach, states, “Our experiential workshops and one-on-one trainings are designed to help an individual achieve optimal performance in any area of life, simply by becoming a better person inside. It is more than just a simple change in attitude; it is a fundamental shift in consciousness.”

#### About Moonview Sanctuary

Moonview Sanctuary is an exclusive, non-residential treatment and optimal performance center which specializes in combining Eastern and Western approaches. These modalities include Western practices such as psychiatry, psychology and neuroscience, in tandem with Eastern philosophies such as yoga, meditation and Chinese medicine. Moonview offers the ultimate therapy experience, with an expert group of practitioners, all authorities in their field, working synergistically on a single client, couple or family. This customized approach provides the most private and confidential treatment possible to help clients heal, restore balance and enrich their lives. For more information, visit [www.moonviewsanctuary.com](http://www.moonviewsanctuary.com).

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