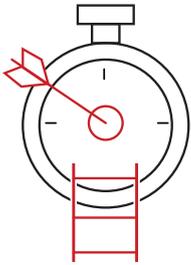


Bitesize Learning Program for Ramadan



Stress Management & Improving Focus

So many professionals are feeling stressed at work across all industries and tiers, that it can be considered the new corporate evil. Stress takes a toll on individuals, impacting their health and working capacity which ultimately diminishes corporate performance. Yet, when handled correctly, stress can have a positive impact and help you reach your full potential.

Learning Outcomes:

- How to create new models for managing stress and discard ineffective old habits
- Three psychological reasons people are burning out
- 5 strategies for Managing Your Stress for Peak Performance
- Three characteristics of people who survive stressful times and how to adopt these to combat your own high levels of stress
- A holistic approach to managing your stress for greater quality of life

22nd May, 2018, Karachi

Dr. Arif Pyarali

Timings: 9:00am to 11:00am

Investment: Rs. 2,000/- per participant + sales tax



Dr. Arif Pyarali

Dr. Arif is Senior consultant and trainer at Learning Minds. He has an in-born gift of engaging with his audience while stimulating business results through his comprehensive understanding of business dynamics.

As a passionate learner, he has authored many articles on personal and professional development issues with his current efforts directed towards his own book. With a 92% satisfaction level from participants and 80% clients rewarding repeat business, Dr. Arif is consistently adding concrete business value to his clients.

Arif has worked as trainer and consultant with clients like UBL, ZONG, HinoPak, Pak cables, Junaid Jamshed, Habib oil mills, PPL, Artistic Milliner, Hilton Pharma, SSGC, Mondelez, Marriott, APL Logistics, UASC, JS Bank, HBL & Siemens Pakistan. He is gaining popularity with his high-energy keynote speaking, making him a preferred option for business/sales conference sessions.

REGISTRATION AND QUERIES

Suniya Zafar

Tel: 021 37239785 | 0335 0327788

Email: events@learningmindsgroup.com

Website: www.learningmindsgroup.com/event/

Fees is inclusive of:

The program fee covers program facilitation, course materials, networking and certificate of participation.

Cancellation Policy

If the client cancels the nominations 4 days prior to the committed date 100% advance will be forfeited.