

MANAGING ENERGY, STRESS & TIME



AHMED ALI

**A BREAKTHROUGH PROGRAM
TO HELP PROFESSIONALS STOP
BURNING OUT AND START
PERFORMING BETTER —
CONSISTENTLY,
INTENTIONALLY, AND
SUSTAINABLY.**

Date | Location

5 AUGUST | KARACHI

7 AUGUST | LAHORE

Time

0900 - 1700 HOURS

MANAGING ENERGY, STRESS & TIME

OVERVIEW

Time is no longer the scarcest resource – energy and attention are. People are not struggling due to lack of skill. They're overwhelmed, disengaged, and exhausted from juggling too many priorities without the clarity, systems, or inner resilience to manage them.

MEST is a high-impact, science-backed program that shifts the focus from simply "**doing more**" to doing what **matters most – without burnout**.

This is not time management 101. This is **performance sustainability**.

PROGRAM GOAL

To equip professionals with actionable frameworks and habits to manage their personal energy, reduce stress, and optimize time – so they can show up more present, focused, and productive at work and in life.

PROGRAM BENEFITS

- **For Participants:**
 1. Learn to work smarter – not longer – without sacrificing wellbeing
 2. Regain clarity and focus amidst digital overwhelm
 3. Build sustainable routines that protect energy and reduce emotional fatigue
 4. Cultivate inner calm and executive presence, even under pressure
 5. Leave with practical tools they can apply immediately
- **For Organizations:**
 1. Reduced employee burnout & absenteeism
 2. Improved focus, engagement, and quality of work
 3. Stronger team morale and performance culture
 4. Higher retention through better employee wellbeing
 5. Increased productivity

LEARNING OUTCOMES

By the end of this program, participants will be able to:

1. **Audit & Optimize Their Energy** – Identify personal energy peaks & dips and align key tasks accordingly
2. **Apply Time Ownership Models** – Prioritize using proven tools (Eisenhower Matrix, Time Blocking, 80/20 Rule)
3. **Master Micro-Recovery** – Integrate short, powerful habits to manage daily stress without waiting for vacations
4. **Disrupt the Burnout Cycle** – Recognize emotional red flags early and take proactive action
5. **Create a Personal Energy** – Productivity Blueprint – A repeatable plan tailored to their role, personality, and routine

WHO SHOULD ATTEND?

- **Early-career professionals** navigating fast-paced roles, task overload, or digital distractions
- **Mid-level managers** juggling team dynamics, deadlines, and performance pressure
- **High-performing individuals** feeling stuck in the cycle of busyness without real progress
- **HR & L&D champions** who want to build cultures of sustainable productivity
- Anyone who feels busy but not productive is welcome too!

PROGRAM OUTLINE

MODULE 1

Designing Your Vision

- Developing vision for success
- Designing respective goals around it
- Making them SMART

MODULE 2

Mastering Energy

- Personal Energy Audit
- Mapping your energy peaks and dips
- The Energy-Rhythm Model: Work like an athlete, not a machine

MODULE 3

Stress-From Pressure to Power

- Understanding your stress response
- Managing triggers through mindfulness
- 5-minute resets for daily emotional recovery
- Sleep, breath, and movement as performance fuel

MODULE 4

Owning Time with Intention

- The Productivity Pyramid: Goals » Focus » Execution
- Time blocking, batching, and priority design
 - Tools like the 80/20 Rule & Eisenhower Matrix

MODULE 5

Building Your Sustainable System

- Habit stacking for consistency
- Weekly reset and reflection
- The “Work Ends Here” ritual — how to mentally switch off

YOUR PROGRAM FACILITATOR

Ahmed Ali is corporate trainer and facilitator and a podcast host who is known for his high-energy, high-intellect, and deeply practical learning experiences. With corporate roots in FMCG and a background from IBA Karachi, he brings powerful insight into how real professionals perform under pressure.

Over past few years, Ahmed has worked across sectors including Pharma, Banking, Oil & Gas, Retail, and Tech, helping professionals reconnect with clarity, focus, and wellbeing.

His productivity programs blend behavioral science, mindset work, and system design, helping participants shift from chaos to clarity, from burnout to balance, from busy to brilliant.



TRAINING METHODOLOGY

This program is:

1. Highly interactive and self-reflective
2. Uses real-time tools, assessments, and habit experiments
3. Includes case studies, group challenges, and recovery practices
4. Blends behavioral science, storytelling, and systems thinking

Also include:

A post-program action plan for weekly follow-through

REGISTRATION DETAILS

REGULAR FEE

PKR 27,500

PER PARTICIPANT + SST

Fee Includes:

Learning material, lunch, refreshments, business networking opportunities, and a certificate of participation.

10% discount on a group of 3 or more participants

For Registration(s), send us your
**Name, Designation, E-mail, Mobile
Number and CNIC to**
events@learningmindsgroup.com

For further information please contact
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Cancellation Policy: Cancellations made within 7 working days of the workshop are non-refundable. All cancellations must be submitted via email. Substitutions, however, are welcome at any time.



Interested in a customized in-house workshop for your organization?
Email us at fizza.a@learningmindsgroup.com to explore the possibilities.