

STRESS, The Nation's # 1 Killer

You must have heard this thousands time.

I've got too much work and not enough time to do it all

Considering the alternative (no work at all!), you're in a decent position. That doesn't make it any easier to handle though. So let's talk about ways to manage this overwhelming workload without losing your cool.



Control workload Stress

11th & 12th February
10-00 A.M to 05.00 P.M

PKR 14,000/-

(includes Training Material, Lunch, Refreshment, Certificate)

Target Audience

For those who are the victim of anxiety due to high pressure of workload and lack of appreciation.

Learning Objective:

Upon completing this Training participants will know how to:

Look after no 1 and its YOU,

Set Limits,

Chunk it

Get organized,

Prioritize Effectively

Manage the Stress,

Here let Me Say " Take Braek"

FINALLY, Reward Yourself

Trainer's Profile:

Muhammad Humail Ashrafi practices proactiveness and innovation to his personal and professional life. A lifelong learner, he has completed his MBA from UK, also achieved trainings from Abbey Professional College, in Business Administration. He is also a proud IELTS Partner with British Council Pakistan. He has served in many national and international organizations like Tesco (UK) , ASDA (UK) , TFS , Preston University etc. Diversity of Muhammad's education and his international exposure to different universities including University of Akton has prepared him for the realities of the business world by providing a blend of academic and practical experiences. This combination of academic success and involvement is indicative of his high levels of motivation and achievements. Muhammad speaks from bottom of his heart and touches the soul.

As a trainer in corporate world, M.H. Ashrafi uses practical examples to share his expertise and international exposure to make the participants learn the views from his professional approach. He himself has the proud honor of listening to many international motivational speakers in person.

For Queries & Information

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Registration form & Fee Voucher are available at our website:

<http://sdp.iba.edu.pk/>
Fee is to be deposited in cash / pay order in any branch of FAYSAL BANK Ltd., A/C No. 110-2162113-006.
No fee will be accepted in cash/cheque at our office.

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Skills Development Program

Adding Skills to Experience