



Saturday, September 28, 2024 | 09:00 AM – 05:00 PM PKT | Venue: AshreiTech, NASTP Karachi

## ABOUT WORKSHOP

This transformative **one-day workshop** designed to help you unlock your true potential and achieve lasting success. It aims to enhance your both personal well-being and professional skills, ensuring a balanced, informed, and proactive approach to your daily routine. Throughout the day, we will delve into essential aspects of personal and professional growth, including self-discovery, self-care, adult learning, stress management, and financial well-being. Together, we will explore strategies to identify your purpose, set meaningful goals, develop healthy habits, and cultivate a mindset that empowers you to overcome challenges and thrive in all areas of your life.

By the end of this workshop, you will have gained valuable tools and insights to enhance your personal and professional growth, empowering you to lead a more fulfilling and successful life.

## LEARNING OUTCOMES

With this workshop, you will be able to:

- ✓ GAIN a deeper understanding of their personal values, strengths, and passions.
- ✓ LEARN techniques for managing stress, developing healthy habits, and improving overall well-being.
- ✓ ACQUIRE adult learning strategies and understand importance of unlearning and relearning.
- ✓ DEVELOP skills for identifying stressors and managing conflicts effectively.

## WHAT YOU WILL LEARN?

### Module – 1: Self-Discovery and Purpose

- Define personal purpose and goals
- Identify strengths and weaknesses
- Explore the concept of excellence
- Set realistic expectations and goals

### Module – 2: Self-Care and Goal Achievement

- Discuss the power of habits and rituals
- Learn techniques for developing healthy habits
- Explore the principles of financial management
- Understand the role of positive affirmations

### Module – 3: Adult Learning and Self-Discipline

- Discuss the importance of unlearning and relearning
- Develop self-discipline and motivation
- Learn effective adult learning strategies

### Module – 4: Managing Stress and Conflict

- Identify common stressors and triggers
- Explore strategies for reducing stress
- Learn effective conflict resolution techniques
- Enlighten about financial wellbeing

## WHO IS THIS WORKSHOP FOR?

This workshop is designed for individuals from all backgrounds interested in seeking personal growth, improving their general well-being and quality of life.

## KEY WORKSHOP FEATURES

Instructor Led  
Face-to-Face Training

Access insights from  
Industry Leaders & Experts

Explore Case Studies with  
Real-World Scenarios

Hands on Learning &  
Problem-Solving Activities

Networking Opportunity  
with Peers

Certificate of Participation

## ABOUT TRAINER



**Dr. Abeer Salim Habib** is a seasoned healthcare professional with a proven track record in administration, quality assurance, and patient safety. With nearly a decade of experience in the healthcare industry, Dr. Abeer has held key roles in both public and private sector organizations. Her expertise has been recognized through her appointment as an invited Subject Matter Expert for the Sindh Healthcare Commission (SHCC), her role as an auditor for ISO 9001:2018 QMS, and her distinction as the first certified surveyor for the American Accreditation Commission International (AACI) in Pakistan.

Dr. Abeer is committed to advancing healthcare education and has been actively involved in teaching and training programs both domestically and internationally. Her dedication to ethical healthcare practices is evident in her contributions to the Institutional Review Board and Hospital Ethics Committee for multiple hospitals in Karachi.

Her academic credentials include a Bachelor of Dental Surgery (BDS) and a Master of Business Administration (MBA) in Healthcare Management.

## OUR COLLABORATIONS



EMPLOYERS'  
FEDERATION  
OF PAKISTAN  
The Apex Body of Employers



## REGISTRATION DETAILS



For further inquiry related to fees, details and registration(s), scan the QR Code or contact us via contact details provided.

**Reach out to us at:**

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