

"Just as your car runs more smoothly and requires less energy to go faster and farther when the wheels are in perfect alignment, you perform better when your thoughts, feelings, emotions, goals, and values are in balance."

Brian Tracy

Develop strategies that enable you to focus on what matters most at work and at home.

22 September 2010, Pearl Continental Hotel, Lahore
24 September 2010, Sheraton Hotel & Towers, Karachi
9:00 am to 5:00 pm



Course Facilitator:
Saadi Insha

Broad Outline:

- Understand **work-life balance** and explore causes of imbalance
- Identify our **highest** personal values, roles, aspirations and goals
- Achieve harmony and inner peace through **values-goals alignment**
- **Debunk** faulty assumptions and broken paradigms about work, time management and personal productivity
- Apply **'three filters'** to end time famine at work - once and for all
- Leverage the law of the **'vital few'** to achieve more with less in every sphere of our life
- Erect **three essential pillars** to promote work-life balance in organizations

Training Methodology:

Learning will be facilitated through a high energy interactive presentation, personal reflection, open discussions, challenges and short cases.

What Delegates Have Said About Saadi:

"Saadi Insha is by far the most inspirational of all trainers I have come across. A big thumbs up to him"
Engro Vopak

"A memorable experience! Saadi has put together so many valuable concepts in a very digestible manner."
Pepsico

"A very enlightening and encouraging session, keep up the good work."
ICI Pakistan

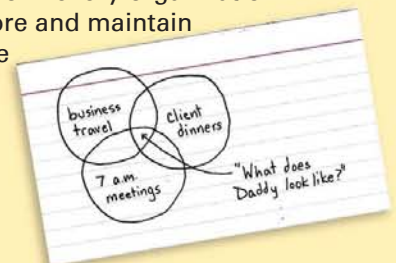
Course Overview:

Most of us are working increasingly long hours and find that there is very little time available for anything else - even ourselves! Tired, stressed and overwhelmed we yearn for a life that includes more time for family, recreation, professional development, community service or even just regular exercise.

This workshop will equip participants with extraordinary insights, tools and strategies to overcome the daily drain, improve their efficiency and effectiveness and perhaps most importantly, redesign their life so that whoever and whatever is important to them, gets the time and attention they deserve.

Who Must Attend?

This workshop is useful for managers and team leaders at all levels in every organization who wish to restore and maintain a healthy work/life balance.



For Registration

Tel: 021-34536315, 021-34520093, Fax: 021-4520708

E-mail: register@octara.com, info@octara.com

www.octara.com

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Course Facilitator **Saadi Insha**

“I enjoyed the workshop. Saadi speaks with a lot of passion and it was good to hear it coming from the heart.”
Chevron Pakistan

A leading trainer, seminar leader and motivational speaker, Saadi is passionate about helping people reach their highest potential and become their best selves.

Corporate participants throughout Pakistan have described his workshops as ‘superb’, ‘inspirational’, ‘thought provoking’ and ‘outstanding’. He packs his trainings with rich, result oriented content, engaging activities and topical humor and is known for

communicating with a zest and energy that is highly contagious.

Since 2001, Saadi has trained thousands of managers of leading national and multinational organizations through his acclaimed public and private workshops. He has also been invited as a Guest Speaker by various universities and professional forums.

Saadi is an MBA and a Gold Medalist from the Institute of Business Administration and has worked for three different industries.

A firm believer in continuous learning, he has attended numerous personal and professional development programs including Training as a Trainer and Facilitator at the **Singapore Institute of Management**.

In February 2007, Saadi left MCB Bank where he was the Training Manager to work as an independent Trainer. He now conducts public workshops and in-house trainings for organizations that wish to inspire, energize and empower their teams to reach new heights of achievements.

Saadi has trained participants from:



Workshop Investment

PKR **9,500/-** per participant

10% Group Discount on 2+ nominees

Course material, Octara certificate, lunch, refreshments & business networking

Registration & Payment Options

- **E-mail or Fax your nomination(s) to:**
E-mail : register@octara.com, info@octara.com
Fax : 021-34520708, 021-34546639
- **Send us your:**
Name | Designation | Organization
Mailing Address | Phone, Fax and E-Mail
- Send your cheque in favor of **“Octara Private Limited”** to:
Muhammad Imran Anwer
Octara Private Limited, 2/E-37, Block-6, P.E.C.H.S., Karachi.
Tel: 021-34534261, 021-34536315, Cell: 0321-2670041

To receive this flyer by e-mail drop us a line at info@octara.com

To view reports on our past training workshops and events logon to www.octara.com

Registration Note

Participation will be confirmed **subject to receipt of payment**.

Octara Cancellation Policy

Our Cancellation Policy is activated as soon as the duly filled signed & stamped Octara Registration Form is received from the client. Cancellations made at least 10 working days prior to the course will be refunded in full. If a booking is cancelled 10 to 7 working days before a course, a Cancellation Fee of 25% of the course fee is payable. For cancellations made within 7 working days, no refunds can be given. Cancellations must be confirmed by letter, fax or email. Substitutions may be made at any time. Notwithstanding the above, delegates may transfer to another course to be run within 6 months. Variance in the course fee will be invoiced or adjusted accordingly.

Logistics Partner



Strategic Partners



Bring Maintaining Work / Life Balance In-house

This workshop can be customized to suit specific needs of your organization at significant savings. Please contact **Mohsin Rahim** at mohsin.rahim@octara.com or call at **0321-2133409** for more details

Upcoming Programs Book your seat TODAY!

Strategic Quality Management and Business Performance
Alan Power, UK
20 & 21 Sept. 2010, Lahore
23 & 24 Sept. 2010, Karachi

Collaborative Planning, Forecasting and Replenishment (CPFR)
André Verdier, UAE
22 September 2010, Karachi
24 September 2010, Lahore

Negotiation and Contract Management
Dr. Dermot Carey, Ireland
11 & 12 October 2010, Karachi
14 & 15 October 2010, Lahore

Building Brand Equity
Omar Abedin, UAE
October 2010, Karachi

Inspirational Speaking
Lucy Cornell, Australia
October 2010, Karachi & Lahore

Power of Perception (POP)™
Tauseef Qadri, UAE
(Certified de Bono Trainer)
October 2010, Karachi & Lahore

Managing the Training Function
Paul Walsh, UK
October 2010, Karachi & Lahore

Training Needs Analysis
Paul Walsh, UK
October 2010, Karachi & Lahore

Budgeting and Budget Control of The HR Function
Paul Walsh, UK
Nov. 2010, Karachi & Lahore

Creating ROI on HR Initiatives
Paul Walsh, UK
Nov. 2010, Karachi & Lahore

Mind maps at work!
Sandra Reeves, Singapore
Nov. 2010, Karachi & Lahore

The Customer is King Series
Sandra Reeves, Singapore
Nov. 2010, Karachi & Lahore

Staying in the Helicopter® and lead effectively
Roger Harrop, UK
November 2010, Karachi, Lahore & Islamabad

*Octara reserves the right to change courses, dates, content or method of presentation.