

After successful collaboration on Darren Cheek's experiential workshop
"Releasing the power of creativity at workplace"



&



proudly present another innovative program

MaX your Employee Potential and Productivity thru Increased Self-Awareness and Self-Empowerment -an experiential approach-

Thursday, 15 October 2009

Venue: Therapy Works, Clifton, Karachi

10:00 am to 5:30 pm

Course Overview:

"With every challenge comes a great man. Everyone has a limitless potential to achieve the insurmountable, the only problem resides in being aware of it and knowing how to access it."

This workshop will assist you on your personal and professional journey to self-realization through enhanced awareness. It will help you enhance your confidence and efficiency at achieving your goals and productivity.

Key Benefits:

- Develop trust and self-confidence
- Enable mediation through increased self-awareness
- Improve the quality of personal and professional relationships
- Gain personal enrichment
- Enhance self-knowledge
- Develop constructive communication



Course Facilitator:

Audrey Dumanoir

BA, MBACP, Cert,
Dip. Psychotherapy, UK



Course Co-ordinator:

Tahir Zahoor Ahmed

Dip. Psychotherapy CCPD, UK
CEO TherapyWorks

Course Outline and Methodology:

The workshop will introduce you to important key concepts for handling personal and corporate life, such as "Organismic valuing, personal process, core conditions, Locus of Evaluation, Cycle of formation, the actualising tendency, the Therapeutic Alliance, your unconscious self definition and how you live it.

An emphasis will be placed on gaining self-knowledge through experiential group interaction. It will implement experiential exercises drawn from Humanistic psychotherapeutic and state of the art corporate techniques such as Motivational Interviewing Gestalt, Transactional Analysis and Person Centered approaches, all to help you integrate yourself both as a person and as a corporate entity.

Who Should Attend:

Although everyone can benefit from attending, the following people will gain the most from this course:

- Those who wish to increase self awareness, boost self-confidence and affectivity within groups.
- Anyone working in a team: Facilitators, Co-ordinators, Leaders or Managers.
- Professionals wishing to broaden their potential and resources and coping abilities in unpredictable situations.



Book Today! Turn over for fee & registration details

Register Online www.octara.com

Tel: +92-21-4534261, +92-21-4536315, Cell: 0300-8275351, Fax: 021-4520708, 021-4546639, E-mail: register@octara.com, octara@gmail.com



Course Facilitator:
Audrey Dumanoir

Audrey has graduated from the London University School of African and Oriental Studies in 2000. She has been practicing as a psychotherapist in diverse renowned UK National and International Organizations such as Cruse Bereavement, Age Concern and Therapy Works. Besides this, she also has experience of working in London Colleges in Humanistic Psychotherapy and Counselling. Being a member of the British Association for Counselling and Psychotherapy, she is committed to work ethically and believes that integrity and genuineness are the core principles upon which she bases her work, which is both unique and extremely diverse. She is fluent in English, French, Urdu and Hindi.



Course Co-ordinator:
Tahir Zahoor Ahmed

Tahir is the Chief Executive Officer of Therapy Works with 30 years of international business experience in finance, administration and human resource utilization. He has been doing corporate trainings since 1976. This together with his current practice of Integrative psychotherapy and counseling allows him deep insight into the human condition. His main approach in both therapy and corporate trainings is Existential that involves using the full potential of the "conscious" self in making free choices. He is the moving force behind Therapy Works.

Workshop Investment

PKR **12,500/-** per participant

10% Group Discount on 2+ nominees

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

Venue:

- Therapy Works
F-4, Block IV, Clifton, (Opposite Amir Khusro Park), Karachi.
Phone : 021-5870767

Registration & Payment Options

- E-mail or Fax your nomination(s) to:
E-mail : register@octara.com, octara@gmail.com
Fax : 021-4520708, 021-4546639
- 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: 021-4534261, 021-4536315, Cell: 0321-2670041

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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 an invoice is received by the client. Due to any reason if the client is not able to attend the workshop/conference, they may inform Octara Sales/Finance department in writing within 48hours of the receipt of the invoice. In case of no intimation from your organization we reserve the right to claim the invoiced amount. 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 12 months.

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MaX your Employee Potential and Productivity thru

-Increased Self-Awareness and Self-Empowerment-
An experiential learning approach

This workshop can be customized to suit specific needs of your organization at significant savings. Please contact Muhammad Arif at marif@octara.com or call at 0300-8275091 for more details