

# PERSONAL EFFECTIVENESS FOR CORPORATE PROFESSIONALS

7 Powerful & Unique Tools will be used in this program

January 16, 2019 - Karachi

## Course Overview

Personal Effectiveness for Corporate Professionals is a tool based one day workshop that will enable participants to explore their core beliefs, values, personality, work style, emotional reactions, judgments, and paradigms. Several unique international tools will be used by the participants during the workshop to help them truly know their strengths, areas of improvement, what they value most and how self-regulated they are. This helps them understand their behavior in different situations, their decision making abilities and how they interact with others. They will be able to better manage themselves leading to better understanding of their teams and getting the desired business results.

## Key Benefits

- **Enhanced** Self Awareness and Self Control
- **Identifying** and aligning your values for better decision making
- **Transit** from fixed to growth mindset
- **Develop** mental focus and resilience
- **Challenge** your paradigms
- **Become** self-accountable for choices in life
- **Increased** awareness of team members and decrease in conflict and stressful situations

## Who Should Attend?

This program is beneficial for anyone who wants to understand themselves better and develop healthy relationships at work in order to achieve better business results.



- Partner & Director Client Engagement at Next Level – a leading management consultancy, training and coaching firm
- Former Lead Certified Trainer and Head Business Development at FranklinCovey Pakistan
- Certified Executive Coach from University of Cambridge and Marshall Goldsmith
- Over 20 years of work experience both in USA and Pakistan.

With over 20 years of work experience both Internationally and in Pakistan, Dr. Mevish is a well -recognized, energetic and enthusiastic Facilitator and Trainer with diverse training experience in various corporations, universities, banks and industries. Her expertise in training includes the application of neuro science at workplace, personal leadership, employee branding, emotional intelligence, leadership skills styles. She is a Partner and Director Client Engagement at Next Level, a leading management consultancy, training and coaching firm and worked as a Lead Certified Trainer and Head of Business Development at FranklinCovey Pakistan

Dr. Mehvish Baig started her professional career in USA where she was Director, Aiyon Clinical Research Center. Her expertise included managing all aspects of clinical development and data collection along with safety responsibilities, adherence to protocols and determining study completion. On moving back to Pakistan she worked at Shaukat Khanum Memorial Cancer Research Hospital where she was responsible for streamlining several processes and procedures involved in delivering smooth patient care including implementation of a electronic token system in the chemobay. She completed her MBA(Executive) from LUMS

Course Facilitator:  
**Dr. Mehvish Baig**

...only from Octara!!!

## For Details:

Karachi: 021-021-34547141, 34520093, 34520092

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*Helping You Succeed!*

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## Program Agenda

### ► Understand your personality traits and how they impact your job related behaviors

Use big 5 Personality Test as a tool to measure the various dimensions of personality traits to assess work style and understanding on why individual thinks, behave and make decisions in a certain way

### ► Learn your preferable work/social style and adapt it to build better work/personal relations

Gains Insights about personalities and work styles of colleagues enabling to form better professional relationships and reducing stressful conflicting situations

### ► Become aware of their personal Value system and align your decision making based on Value

Identifying values and learning to value those values. These Values will be the compass in times of major critical decisions that the participants face

### ► Determine level of self-esteem and improve upon the weak areas to develop confident personal

Assess the level of self-esteem which directly impacts the attitudes and behaviors. Achieving goals and getting desired results is directly impacted by one's self esteem

### ► Improve your mental agility and develop creative thinking

Ability to learn new and varied concepts and adapting to change with effective and efficient use of resources – a key component in today's dynamic business environment

### ► Develop behaviors that build trust of team members

### ► Understand and apply Emotional Intelligence at workplace in different situations

Participants will assess their EQ and learn how to regulate themselves better. They will also learn about the 5 emotional cancers and how it impacts relations at work


## INVESTMENT

**PKR 20,000**  
+SST Per Participant

#### FEE INCLUDES:

Course material, certificate of attendance, lunch refreshments & business networking

#### 3 Easy Ways to Register

 021-34547141, 34520093, 34536306

 [register@octara.com](mailto:register@octara.com)  [www.octara.com](http://www.octara.com)

Send your cheque in favor of **Octara Private Limited**

To: **Umair Tariq** Admin & Account Executive

Octara Private Limited - 1/E-37, Block-6, P.E.C.H.S., Karachi.

Tel: 021-34520708, Cell: 0302-4599773

#### Bring this program **In-house**

This workshop can be customized to suit specific needs of your organization which may lead to significant savings & avoiding pitfalls. Please contact **Naveed Rahim** at [naveed.rahim@octara.com](mailto:naveed.rahim@octara.com) or call at **0334-3082767**