

present

Releasing the power of Creativity at the workplace



A challenging day long event, using art and drama techniques to push your creative professional and personal boundaries - facilitating maximum impact in the work environment from problem solving to team leading.

Thursday, 20 August 2009

Venue: Therapy Works, Clifton, Karachi

10:00 am to 5:30 pm

For the first time in Pakistan



Course Facilitator:
Darren Cheek, UK

Course Overview

"If you always do what you've always done, you'll always get what you've always got". Creativity and innovation of our staff and teams are crucial to keep us moving forward and continually improving how we do things. Unfortunately, creativity is easily lost and put aside through loss of energy or self esteem and the fear of looking stupid at work place.

This workshop will help to solve those issues through creating a safe environment to grow creativity - crucially it will equip the delegates with the tools to recreate an exciting, safe and innovative environment in their day-to-day work. The workshop will help to release inner potential, reduce blocks and barriers to creativity and encourage better creative problem-solving techniques through expression, self esteem building and releasing the inner-child-explorer within each of us-kick starting your organisation's personal and professional development.

Key Benefits

- Enhanced communication in professional and personal interactions
- Enhanced personal and professional creativity
- Developed team work, team bonding and team building
- Individual and team strategies for relaxation and stress management
- New creative problem solving and solution-seeking techniques
- Revitalized and creative team energy

Who Should Attend

Managers, Executives, Sales and Communications Specialists, Entrepreneurs, Innovation oriented leaders and all those involved in communications, managing, leading and inspiring teams or individuals.

Workshop Outline:

- Self and Group Expression - The true self in the workplace
- Creative problem solving - dynamic and original practices
- Releasing professional and personal blocks and defences
- Releasing inner creativity - creating versatility and flexibility
- Enhancing professional creativity and imagination
- Looking at problems from a different viewpoint (wearing different hats)
- Stress management techniques - a quick fix for work / in-depth techniques for home

Workshop Methodology:

- Mask work
- Breathing and relaxation
- Mime and expression
- Creative physical movement
- Forum Theatre and improvisation techniques
- Enactments
- Group work - Creative Problem solving
- Individual Exercises - written and expression-based
- Experiential Learning
- Short and dynamic didactic presentations

Darren has trained participants from:

Pakistan State Oil
National Bank of Pakistan
Pfizer
Barclays
Lloyds
CIPD
The Oxford Group
Siemens
MIND
UK Police Services
Royal College of Anaesthetists
Therapy Works Pakistan

Book Today! Turn over for fee & registration details

Register Online www.octara.com

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Course Facilitator
Darren Cheek

Darren is an internationally renowned Writer, Actor, Director, Psychotherapist and a Corporate Trainer for Communication Skills. He has been working internationally for over ten years, with organizations and individuals in both, public and private sectors, with an aim to help people to improve their human behavior and succeed in personal and professional life resulting in profitable organizations.

As a personal and professional psychotherapist and coach, Darren constantly challenges individuals and their organizations to examine themselves from within, by breaking down self defeating barriers, negative, destructive and repetitive scripts/ patterns with positive attitude, healthy and notable changes resulting in quick success of both, individuals and respective organizations.

Being an outstanding trainer, he has conducted training sessions in UK, Bahrain, Sweden, Spain, and most recently also in Pakistan. Techniques used in his workshops are truly dynamic and innovative as his art therapy and drama in business

techniques adds immense creativity to work and often reduces excessive stress!!!

Darren is committed to increasing potential of individuals and organizations and has explored keys areas over the years that include "Enhanced Team Work through NLP and Drama Techniques", "Exploring NLP (Neuro-Linguistic Programming) through Drama techniques", "Leadership: Untying and Freeing potential", "Dealing with Anger Professionally", "Dealing with Stress; Resolving Conflict and Difficult Situations", "Boundaries not Barriers" and "Team Building".

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

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 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.

What delegates have said about Darren's previous courses:

" This workshop was highly helpful for achieving success in my life, for my company, and for my customers.
Pakistan State Oil

My senior management team certainly loved the workshop and I have seen such a difference in them since they have come back to the office, suggesting and embracing new ideas and approaches.
CEO, Gemin-i.org, UK

Logistics Partner



TRANZUM Enterprise

Technology Partner



Strategic Partners



Partners



BRING In-house

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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