

ENHANCING PEAK PERFORMANCE

June 21, 2019 - Karachi | 9:30am to 5:00pm



Course Overview

To achieve peak performance, it is imperative to develop outstanding and specific skills. The expertise can be learned through interactive process of acquiring specific, situation-related heuristics that can be used to meet the demands of the situation.

“**Enhancing Peak Performance**” is a full day workshop for enhancing **Mindful Leadership, Managing Stress Successfully, Designed Thinking** and **easy Yoga Asanas**. Peak performance training offers new ways to optimise your performance and gain overall well-being. It helps you to increase your concentration, attention, confidence, energy level, productivity, improve your mental functioning, reduce anxiety and emotional triggers level.

Key Benefits

- **Encourage** people to take ownership and be accountable for their work performance
- **Create** a work environment where people take risks
- **Boost** morale, improve productivity, and increase profitability
- **Manage** performance related issues in a fair and consistent manner

Who Should Attend

Managers, Supervisors, Executives and anyone who wants to refresh perspective through the power of positive thinking and wish to achieve tangible benefits in their personal and professional life

Course Facilitator

Aisha Bela



Aisha is an Organizational Development Specialist, Management Consultant, Public Speech Counselor, Motivational Speaker and Soft Skills Trainer. She is founder and CEO of ABM Training— a professional development solutions provider consultancy and Chairperson FPCCI National Standing Committee on Women Education & Training.

She has delivered corporate workshops nationally and internationally and some of her prestigious clients include: U.S. Embassy Justice Department, ICITAP, Institute of Banking Professionals Pakistan (IBP), International Business Council, National Institute of Management, Bank AlHabib, National Police Academy, FIA, NAB, Ismail Industries. Moreover, she has also participated in Human Resource Development Assignments in Malaysia, Thailand and Sri Lanka. She has been regular speaker in leading universities of Pakistan. She is also associated with various national and International organizations i.e. Rotary, Inner Wheel, Hunar Foundation and TCF.

For Details:

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COURSE AGENDA

Session 1: Mindful Leadership

Today's leaders work in VUCA environment (Volatility, Uncertainty, Complexity and Ambiguity) and hence be able to change and adapt in order to be successful.

Aims & Objectives

- Increase the capacity for excellence
- Increase work engagement & satisfaction
- Create an environment of innovation at workplace
- Create resilient team

Session 2: Design Thinking

Inventors like Thomas Edison and Steve Jobs were quintessential innovators who used a problem-solving process called "**Design Thinking**" to revolutionize entire industries and establish an enviable competitive advantage for their companies.

The session of Design Thinking delves into the fundamentals of this creative approach. Participants will learn how to harness the power of design thinking to create a path to innovation, unveil new possibilities, and make a greater contribution to your organization's future success.

Aims & Objectives

- Learn the fundamentals of design thinking to improve organizational performance
- Solve complex challenges through the process of structured design thinking
- Drive better results by combining design thinking with analytical decision making
- Establish a framework for building an environment that fosters creativity
- Develop new ways to collaborate across all functions of the organization

Session 4: Stress Management

In this session participants will explore the three different key elements of an effective stress management strategy – practical stress management tools and techniques, review of work-life balance, and application of important ideas from positive psychology – to give participants a range of ways to reduce their stress.

By understanding how stress works and its effects, participants will explore a range of techniques that can help them to overcome it.

Aims and Objective

- Identify the Causes of Stress and understand how stress works and how it affects you
- Learn Classic Relaxation Techniques
- Learn Rapid Distressing Approaches
- Understand Technology and stress reduction
- Learn Positive Psychology – what really makes us happy

Session 5: Yoga Asana for Healthy Mind

No other movement in recent years has so fascinated people as the possibility of calming the mind through meditation. All the techniques of classic yoga aim at making one more aware and finally to see the Self shining forth in its own true nature.

Yoga Asana: Breathing Exercises, Yoga Poses, Relaxation, Meditation.

Meditation: Breathing Exercises, Gentle Seated Yoga Asanas, Mindfulness Technique, Relaxation.

INVESTMENT

PKR 20,000
+SST Per Participant

FEE INCLUDES:

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

3 Easy Ways to Register

021-34520093, 34547141, 34520708

register@octara.com 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** at attractive discount

This workshop can be customized to suit specific needs of your organization which may lead to significant savings

Please contact **Naveed Rahim** at naveed.rahim@octara.com or call at **0334-3082767**