

Being Anchored in an Age of Turbulence

June 25, 2020 | 11:00 am – 4:00 (PST) | At Zoom Meeting Room

Program Overview:

This 4-hours online training will reflect on a profound question: **what are the perennial truths that matter?**

Let us explore our inward selves with tools and ideas we don't often get a chance to do, with open hearts and minds. This session will offer the participants a set of unique tools and mindset changing ideas about how to navigate daily living in an age of over-stimulation.

Program Agenda:

Four themes will be explored:

- Creating an island of safety amidst the high tide of distractions
- An attitude to time in an age of instant replay
- We must choose money over fulfilment. Really?
- A media diet to promote social health

Methodology:

By means of (short) readings, videos, power-point slides and well-crafted discussion strategies, this workshop will be an unusual, unique experience.

Who Should Attend:

Participants who are in their 30s' and above; in mid-level and senior managerial positions, who are responsible to oversee a number of staff in their organizations.

Learning Outcomes:

From this session each participant will leave with **an action plan regarding** the most pressing issues demanding his/her attention today: **time, money and the media.**

To register, please click here: <https://bit.ly/3gRCmm6>



Facilitator: **ABBAS HUSAIN**

- Abbas Husain directs the **Teachers Development Centre (TDC)** since 1997.
- MA (English) from University of Karachi, and an M.Ed (TESOL) from University of Manchester
- Received professional training from Universities of Toronto, Pittsburgh, Louisville and Chicago
- Reached 65,000 teachers in a variety of training sites and settings all over Pakistan
- Conducted trainings in Oman, UAE, Afghanistan, Tajikistan and India
- In February 2020, he received Lifetime Achievement Award from **Millennium Institute of Professional Development Islamabad** on his dedicated work in teaching excellence
- He believes that the youth of Pakistan with vision, guidance and purpose will lift it out of the present morass it is in for a future worth living in.

Abbas Husain is known for his highly interactive facilitating style. He gives a high priority to each participant's voice, and thus the explorations of all the above themes promises to be a **rich discussion** where we bring to the table our perceptions and experiences and cast a powerful look at them, **with compassion and wisdom.**

His vast erudition, interest in the teaching-learning issues in formal educational institutions, and a critical study of the interface of modernity with spirituality have made him a formidable presence in all policy-making sites in Pakistan.

Workshop Investment

PKR 4,000/-
+SST/PST Per Participant

Fee Includes:

- e-Learning Material
- Digital Certificate of Attendance

- Virtual Business Networking
- Post-Workshop Advisory Services
- Octara Loyalty Card**

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This workshop can be customized to suit specific needs of your organization which may lead to significant savings. Please contact Sarim Atique at sarim.atique@octara.com or call at 0345-8949470

For Details & Registration contact

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