

FROM ANXIETY AND DESPAIR TO A PLACE OF ABUNDANCE

Creating a positive mindset at work & home in times of uncertainty

23rd September 2020 | 3:00 - 5:00PM PST | at ZOOM Meeting Room

Program Overview:

The current pandemic has created another global phenomenon that has the potential of causing more havoc than COVID-19. The fear, anxiety and uncertainty of the future of work and health creates a mindset that gets immersed in a sea of overwhelm and affects our total life performance.

This **two-hour workshop** will equip participants with tried and tested tools that through time will bring about sustainable changes to their life and steer them on to maintaining a positive mindset that can have a lifelong impact. **The content of the workshop will be focused on the 'Cuatro Method' that concentrates on Self Awareness, Self-Acceptance, Self-Actualization and Self-Acceleration.**

After surviving several tumultuous experiences and enduring many a transformation, it is possible to subsist and turn your life around 180 or 360 or 720 degrees. This is in your hands.

Key Benefits

Major takeaways

- **Gain** an understanding of your own emotions and reactive feelings
- **Develop** strategies that will help you eliminate any negative energies
- **Learn** to create rituals that will enhance your creativity
- **Identify** the source of personal motivation and inspiration
- **Build** resilience to face unpredictable situations
- **Step** out of your comfort zone
- **Create** abundance in your life.

Coach:

Rose-marie Fernandez

- Over 30 years of experience in HR across continent
- As a Human Resources expert, worked with several fortune 500 companies in the South Asian sub-continent, USA and Canada
- Recognized Professional Certified Coach (PCC) credentialed by the International Coaching Federation (ICF)
- Founder & Transformational Coach at Coaching Worx, Canada

For Registration:

<https://bit.ly/326NYfu>

Workshop Investment

PKR **2,500/-** +SST/PST Per Participant

Group Discount Available

Fee Includes:

- e-Learning Material
- Digital Certificate of Attendance
- **Membership for TCS Octara WebMall+ (WhatsApp Group)**
- Virtual Business Networking
- Post-Workshop Advisory Services
- Octara Loyalty Card**

** Entitles card holder to 15% discount on all future Octara Trainings (online & classroom)

For Details & Registration contact

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Helping You Succeed!

Course Agenda

i. Introduction to Overwhelm

Self-awareness of Emotions during overwhelm

Breakout Room

ii. Learning about Resilience

Tools for strengthening Resilience

Self -Acceptance

Breakout Room

iii. Moving out of your Comfort Zone –

Self- Actualization

Breakout room

iv. Creating Abundance in our lives

Self- Acceleration

Breakout Room

- Use of the Q&A and/or the chat room will be encouraged.
- An initial Assessment will be sent to participants to gauge their level of Overwhelm
- A final document to identify steps that will help Resilience and measure to create Abundance.

Who should attend?

- Middle to Senior Level Managers
- Entrepreneurs
- Anyone experiencing overwhelm



Rose-marie Fernandez

is an international speaker and Coach that specializes in Overwhelm. Her extensive experience in the Human Resources field that spans over 30 years and across continents gave her the impetus to focus on her passion to be a Coach. She is a recognized Professional Certified Coach (PCC) credentialed by the International Coaching Federation (ICF).

As a Human Resources Professional, Facilitator and Expert she has worked with several fortune 500 companies in the South Asian sub-continent, USA and Canada. Rose-marie has a firm belief that we are more than what we believe ourselves to be, and that it is our mindset that blocks us from achieving high performance and a fulfilled life. As a Coach she uses tried and tested tools from sociology, psychology, and neuroscience to encourage emotional and spiritual growth that transforms individuals from who they are to who they desire to be – through a four-step process, the Cuatro Method

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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 Sarim Atique at sarim.atique@octara.com or call at 0345-8949470

For Registration & Details:

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