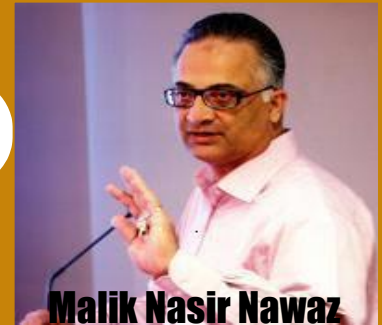


HOW TO MAINTAIN WORK-LIFE BALANCE?

Happiness is not a matter of intensity but of balance and order and rhythm and harmony.
Thomas Merton



Malik Nasir Nawaz
The Life Coach

Lahore: 20th January, Park Plaza Hotel | Karachi: 22nd January, Marriott Hotel

Leading Crazy Busy Life? Have a Pause. Master the Tricks of Work-Life Balance.

The percentage of time we spend working is continuously on the rise, leaving free time relegated to a few short hours a week and life can seem like one long work day after another.

In an always-on world, it's very easy to get caught up in a work style that keeps us acting before we think, reacting to devices and others all day. The combination of a frantic work environment with competing job and family commitments leads to doing more than we can do well, stress, burnout, diminished motivation and reduced productivity.

Solution is work-life balance; it is an essential engagement tool, building proactive and committed employees. Research has shown that people who have good work-life balance are 21% more productive.

We can continue with the way things are and hope they get better, or DO SOMETHING ABOUT IT. This training is for people who want to take control of their lives. There's a more productive way to work: managing demands, instead of having them manage us. This inspirational training shows you how to do that, by using the latest research and best practices to make key adjustments to how you perform tasks and respond to stress, time frenzy and other demands.

Work Healthier. Live Better. Be More Productive!

Learning Agenda:

- Understanding meanings & philosophy of work-life balance
- Assessing current life-work balance and how it affects us
- Understanding the causes of imbalance; life and work responsibilities
- Practical ways to cope with too much work and competing demands
- What drains us and what fuels us; getting priorities right and protecting them
- Strategies for upgrading the quality of our lives and nurturing well-being
- Maintaining focus despite of interruptions
- Improved productivity through quick & effective planning & organization
- Maximizing quality time at work, with family, friends and self
- How work-life balance enhances productivity at work place?

Who Must Attend?

This course is designed for people eager to manage their work-life balance more effectively including business executives, senior managers, team leaders, businessmen and entrepreneurs.

Course Fee:

Rs. 12,000 per person. If 4 persons from same organization are nominated, 5th person to attend free of charge. Fee includes course work, networking lunch and certificate.

Benefits to Companies:

- Measured increases in individual productivity, accountability and commitment
- Better teamwork and communication
- Improved morale ,Increased engagement and commitment levels
- Less negative organizational stress

Benefits to Individuals:

- More quality time for the family
- Better understanding of what your best individual work-life balance can be
- Increased productivity & reduced stress
- Better relationships both on and off the job
- Improved mental and physical health

Course Expert:

Malik Nasir Nawaz is the first hospitality trainer in Pakistan who specializes in custom made trainings and delivering personal and professional development courses including Work-Life Balance, Stress Management and Time Management.

Nasir, an MBA from Pacific State University Los Angeles (USA), has worked for Bank of America in United States before joining Toyota Capital Motors as General Manager Sales in 1996. He has worked for Hashoo Group Hotels in Organizational Development and Learning and Business Development for more than 15 years.

He is a mesmerizing speaker and spell-binding trainer with incorrigible sense of humor and optimism.

How to Book Seats?

Just call Mr. Umar J. Qureshi at 0322 980 5797 or send an email at trainings@ashrafchaudhry.com.

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