

Workshop on Intensify Peak Performance

September 18 & 19, 2019
9:00 am to 5:00 pm
Venue: CEE@IBA, Karachi



OVERVIEW

To reach and intensify Peak Performance, that is, to become an expert, it is necessary to develop outstanding and specific skills. One way the route to expertise can be understood is as an interactive process of acquiring specific, situation-related heuristics that can be used to meet the demands of the situation.

"Intensify Peak Performance" is a Two Days Workshop for enhancing Mindful Leadership, Managing work/life stress successfully, Design Thinking, Creatrix Inventory and easy Yoga Asanas, creative performance enhancement, long distance functional connectivity and psychological integration. Peak performance training offers new ways to optimize your performance and gain overall well-being. It helps you to increase your concentration, attention, confidence, energy level, productivity, improve your mental functioning and reduce anxiety and emotional triggers level.

Workshop Contents:

Mindful Leadership

People focused methodology for achieving better organizational outcomes.

Leadership is not as straight forward as it used to be. Today's leaders work in VUCA environment (Volatility, Uncertainty, Complexity and Ambiguity) and hence ought to be able to change and adapt in order to be successful. In a rapidly evolving world, today's leaders are never a finished article. They need to stay motivated to develop themselves and be circumspect of changes around them.

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. Focused on listening, user empathy, whole-brain thinking, collaboration, and experimentation, design thinking can be applied in any field-from architecture and design to healthcare and product development to urban planning and beyond.

Stress Management:

We 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, we can explore a range of techniques that can help participants to overcome it, with ideas delivering both immediate effects and long term changes. Attendees will be encouraged to find the approaches that will work best for them.

Creatrix Inventory:

We're dedicated to transformation – beyond training new skills and tools, we support folks to wage conflict, challenge self-limiting beliefs, practice emotional intelligence, and expand what's possible for them and their groups. We believe training is most effective when it builds on the wisdom of people's lived experience. Our participant-centered practice follows emerging group dynamics in a workshop, adapts to local cultures and theories of change, and is oriented toward action – we call Creatrix Inventory.

Meditation & Yoga:

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 of Patanjali aim at making one more aware and finally to see the Self shining forth in its own true nature.

"Yoga as a way of life" becomes part of their subconscious mind.

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

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

FACULTY

Aisha Bela Malik is an Organizational Developer, Management Consultant, Public Speech Counsellor, Motivational Speaker and Soft Skills Trainer. She is founder and CEO of ABM Training-a professional development solutions provider consultancy.

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
Octara TCS
National Institute of Management NIM(NIPA)
HBFCL
National Police Academy NPA
NAB
Ismail Industries
Essa Labs

Institute of Business Administration IBA CEE
Sustainable Development Policy Institute SDPI.
International Business Council IBC
MCMC/ SMC
Bank AlHabib
FIA HeadQuarters
Agro Processors & Atmospheric Gases (APAG)
AKU Labs

Who should attend?

- HR Team – Associates, Specialists, Assistant Managers, Managers and Senior Managers
- Training Team - Associates, Specialists, Assistant Managers, Trainers, Managers and Senior Managers

Workshop Aims & Objectives

- Encourage people to take ownership of, and be accountable for, their work performance.
- Create a work environment where people are comfortable taking on the risks associated with new responsibilities.
- Boost morale, improve productivity, and increase profitability by coaching for peak performance in each person.
- Manage work performance issues in a fair, consistent manner.
- The aim of the training is to shed more light on how to balance other components of human life, in order to maximize productivity in the workplace and life both. The key facets of each individual life are listed as follows;

Foundational Facets-

1. Physical facets
2. Spiritual facets
3. Personal development

TOPICS COVERED

Day 1

- Session 1: **Mindful Leadership**
- Session 2: **Yoga Asana for Healthy Body:**
- Session 3: **Stress Management**

Day 2

- Session 1: **Design Thinking**
- Session 2: **Creatrix Inventory (Bringing Change, Transformation)**
- Session 3: **Yoga Asana for Healthy Mind:**

Workshop Fees PKR 45,000/participant

Inclusive of Course material IBA Workshop Certificate Lunch Refreshments & Business networking

Experience

EXECUTIVE EDUCATION

Centre for Executive Education, IBA, Karachi

Center for Executive Education (CEE)
Institute of Business Administration City Campus.
Off Garden Road, Karachi-74400.

For Further Information

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Contact us for Client Specific Customized Executive Programs & Consultancy

