

Mindfulness



With Our Expert

Mr. Qaiser Ahmed Raja

Qaiser Ahmed Raja is in training sector since 2003 and has experience in multiple disciplines. He is also a business consultant, an NLP practitioner, a life coach and a business coach. He has an immense amount of exposure and experience at an international stage. He has clients and students in 82 countries and has trained the personnel of BMW, Nissan, NHS, Fire & Rescue. Further, he is a permanent speaker for the NEA2 – a joint project of the EU and the UK government to coach and train entrepreneurs. Qaiser Ahmed Raja has risen from humble beginnings and started his professional career as a cleaner in restaurants. From there, he opened himself to the vast world of knowledge and embarked on the journey of self-actualization. This is to say that he worked his way to the current prominence through hard work, dedication and discipline.

Course Fee
20,000 Plus Tax

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051-9269778

June 9-10, 2022
9:00am-5:00pm

F2F Karachi

Contents

- What is Mindfulness?
- Explanations of what mindfulness involves (including focus, appreciation of the present moment, detachment, self-acceptance and compassion).
- Basic attention focusing exercises.
- Mindful attitudes and thoughts.
- Why mindfulness is important and how it can change your life.
- Breathing and body scan activities.
- Using mindfulness to manage stress.
- Why mindfulness can help overcome avoidance and procrastination.
- Improve organizational skills using mindfulness principles.
- Increasing appreciation.
- Letting go of negativity.
- Improve relations with others.
- The raisin exercise and other mindfulness activities.
- Stress reduction/management through Mindfulness.
- STOP model.
- Responding v Reacting.
- Using a mindfulness questionnaire to assess how mindfulness can be useful for you.
- Mindfulness tips for everyday life.
- Developing your own mindfulness plan.



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