



**DATE: 26 JULY, 2023**

**TIME: 9:30AM – 5:00PM**

# TIME & STRESS MANAGEMENT

Training Mode

Online

## CONTENTS

Time Management  
Effectiveness Profile

- Predisposition/  
Temperament
- Preparation
- Organizational Ability
- Stress Management
- Delegation
- Managing Interruptions
- Results-Oriented



**FEE:**

**PKR  
10,000**

(Plus Tax)

## FACILITATOR

**MR. ASAD AWAN**  
Chief Executive & CEO ConsultUs



**LAST DATE: 24 JULY, 2023**

## CONTACT DETAILS

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