



EMPLOYEE WELLNESS

FEBRUARY 20, 2024

9:00AM - 5:00PM

F2F, IBP-KHI

FEE:
PKR 15,000
(Plus Tax)

CONTENTS

- Five components of holistic fitness and its impact on our lives.
- Impact of unnoticeable stresses on mental health and overall wellbeing.
- Identify work-related stressors in themselves and others.
- Ways to improve focus and productivity using mindfulness techniques.
- Ways to improve body posture and learn ergonomically safe ways to use electronic devices.
- Improve dietary routine and make better food choices.

- Managing and improving the sleep hygiene.
- Learn and practice easy desk exercises to improve body mobility and flexibility.

FACILITATOR

Mr. Tanzeel Raza, CEO of Meaningful Lives, is a seasoned corporate trainer and coach with focus on behavioral and physical transformation through soft skills and wellbeing trainings. He has over 8 years of experience in training & transforming professionals and organizations in Australia and Pakistan. Mr. Tanzeel is a Certified Public Speaker from California Institute of Behavioral Neurosciences & Psychology and a Certified Professional Trainer from IAPPD, UK. He is also a Certified Fitness Trainer from Australian College of Sports and Fitness.