



EMPLOYEE WELLNESS

JANUARY 10, 2024

9AM - 5PM

F2F, IBP KARACHI

FEE:
PKR 12,000
(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.
- Use Fight, Flight and Calm technique to control stress.
- Ways to improve focus and productivity using mindfulness techniques.
- Ways to improve body posture and learn ergonomically safe ways to use electronic devices.

- How to 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

Tanzeel Raza is CEO of Meaningful Lives, who is a seasoned corporate trainer and coach with focus on behavioral and physical transformation through soft skills and wellbeing trainings. He completed his MBA from CQ University (Australia). He is a Certified Public Speaker from California Institute of Behavioral Neurosciences & Psychology and a Certified Professional Trainer from IAPPD, UK. Mr. Tanzeel Raza is also a Certified Fitness Trainer from Australian College of Sports and Fitness.

