

17
SEPTEMBER
2026

Unlocking Your GROWTH MINDSET

In our Growth Mindset Workshop, every participant will design their own personal toolkit—practical strategies to reframe challenges, regulate emotions, and unlock inner strength. By the end, you won't just think differently, you'll lead like a warrior—ready to turn stress into strength and thrive in any workplace environment.

 **9:00 PM - 1:00 PM**

 **F2F LAHORE**

TURN STRESS INTO STRENGTH
GROWTH MINDSET BUILDS
PSYCHOLOGICAL SAFETY

FEE:
PKR 12,000
(Plus Tax)

Training Objective

The objective of the "Unlocking Your Growth Mindset" training is to help participants understand and adopt a growth mindset by recognizing how beliefs influence learning, performance, and success. The training aims to empower individuals to embrace challenges, learn from feedback, persist through obstacles, and view failures as opportunities for growth, ultimately enhancing personal effectiveness, resilience, and continuous development in both professional and personal contexts.



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Unlocking Your GROWTH MINDSET



Training Contents

Module 1:

The human story

Module 2:

Understanding growth mindset

Module 3:

Tools for healing & self-regulation

Module 4:

Building inner strength

Module 5:

Creating individual tool kits
for participants to develop
growth mindset and
become a warrior



Target Audience

This training is designed for professionals at all levels, including early-career employees, team members, supervisors, and emerging leaders who want to enhance their learning mindset and performance.

Facilitator Arooj Waqar

Soft Skills Trainer & Mindset Coach

With 12 years of experience designing and delivering soft skills workshops, grounded in neuroscience and supported by a Master's in HRM and an MPhil in Management Sciences, Arooj offers a unique blend of expertise. She helps employees enhance their soft skills using Neuro-Linguistic Programming (NLP) tools, creating interactive workshops aimed at fostering cultures of psychological safety, excellence, growth mindset, and accountability. As a certified NLP practitioner, she also offers one-on-one coaching to help individuals develop self-awareness, manage triggers, build confidence, strengthen resilience, and embrace a growth mindset.

Training Manager: Samia Shahid – NIBAF, Pakistan (Lahore)



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