



PROGRAM OVERVIEW:

The choices we make in our daily life impacts our health, be it physical, mental, financial or spiritual. To make better informed choices, we need awareness, action steps and guidance. This Wellbeing 360 program is designed to help busy working professionals develop a holistic and sustainable action plan to improve the quality of their life. The plan will include exercise, nutrition, sleep and mental health care toolkit.



TRAINING DATE

SEPTEMBER 16, 2026



9 AM - 5 PM



**NIBAF, PAKISTAN
(KARACHI)**



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CONTENTS:

Mental Wellbeing

- Raise awareness regarding the impact of unnoticed stress and anxiety on health and work productivity.
- Learn practical action steps (toolkit) that working professionals can take for mental relaxation.

Lifestyle As A Medicine

- Learn how our daily habits, actions and choices we make impacts the quality of life.
- Gain understanding of self awareness and its role in improving the quality of your health.

Physical Wellbeing

- Assess their own physical health by engaging in multiple facilitator-led activities.

- Develop an exercise action plan based on the assessment and the facilitator's advice.

Nutritional Wellbeing

- Awareness about unhealthy diet and its consequences on the human body.
- Develop a sustainable diet plan in light of recent research and facilitator guidance.

Sleep Management

- Understand the basic science of sleep and its impact on the human body.
- Learn practical ways by which working professionals can improve their sleep quality.

FACILITATOR

Mr. Tanzeel Raza is the CEO of Meaningful Lives and a seasoned corporate trainer, consultant and coach, specializing in leadership development, personal productivity, and workplace wellbeing. With a strong emphasis on soft skills training, he empowers professionals and organizations to achieve sustainable growth through practical, human- centered learning experiences. He has over 10 years of experience in training & transforming professionals and organizations in Australia and Pakistan. He has worked with top global organizations, include "Hudson Global Resource", a leading MNC providing learning and staffing solutions in Australia. He has facilitated more than 750 trainings in Pakistan, has worked with more than 120 organizations and have trained more than 20,000 professionals from all walks of life.

TRAINING MANAGER:

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