

ADDING MORE HOURS TO THE CLOCK THAN JUST THE ELEVENTH HOUR

Aug 03-06

Karachi Marriott Hotel

08:00AM - 01:15PM

Rs 19,500/-

Fee includes course material, valuable networking, certificate and two free workshops

STM
STRATEGIC TIME
MANAGEMENT

**ARE YOU
ALWAYS IN A
RACE AGAINST
TIME?**

*Sometimes it is not just about knowing what to do,
but more importantly what not to do*

**A race that just seems to go on
and on and on?**

Are you exhausted by missing deadlines? By running late for meetings? Sick of hearing complaints of family and friends of forgetting commitments? Tired of your undone to-do lists, your plans of walking, eating healthy, sleeping early, reading regularly?

It's a terrible feeling. We've been there.

But it change for us. With years of research, and experience with 8000 people, we believe time management is not a thing you're born with. You can learn it.

WE PROVIDE RUNNING SHOES FOR ALL THOSE RUNNING BEHIND TIME

During the STM workshop, we spend 3 whole days with you. And since it's a small group, you won't be just another face in the crowd. We're known for being intensive .Persuasive. And persistant. You will walk out at the end of the workshop becoming part of the Timelenders' family, and will be haunted by our words just when you think you can run late for a meeting or ignore a commitment or go back to being your old self.

We help you concentrate so that even louder of cheers from the crowds don't distract you.

You're in a race. A crucial one. Something we won't let you forget.

THE DRILL

Spread over 20 instructional hours,the STM workshop has lecture sessions, individual and group exercises, presentations by the participants and quizzes. Different modules are developed and brought together at the end. Depending on the participants, the workshop's layout is customized. A minimum of three days are required. Sometimes on request, the number of days is increased to reduce the hours per day.

THE TOOLS

The Gate Keeper: A pocket diary which is on built on a foolproof method of ensuring that you never miss a commitment.

The DS: The Daily Scheduler is a weekly and a monthly planner using system of managing to-do lists developed by Timelenders that helps you break your longterm plans down to the day, hour and minute.

THE TRAINER

Suleman's interest in the power of visions to transform organizations has resulted in consulting work with groups in Pakistan, the UAE and the US. He has consulted with both local and multinational organizations. Suleman has taught the fundamentals of visions to thousands of individuals in Bahrain, Kuwait, Pakistan, the UAE and the US.

Suleman founded Timerunners, Inc. in Chicago in 1999; Timelenders, Inc. in Boston and Karachi in 2002 and Timelenders FZE in the UAE in 2007. Through Timelenders, Suleman teaches courses such as Strategic Time Management and Strategic Visions. The list of companies trained includes global giants such as GSK, Nestle, Pfizer, Philips, Siemens, Total and Telenor.

Before founding Timelenders, Suleman was associated with two Chicago based multinationals. He has worked in the US and Canada, the Caspian region, the Middle East, Central Asia and Eastern Europe. He has traveled to over 25 countries. Suleman draws inspiration from his international management experience and his background in research.

Suleman is an award winning author and has three works: the essence of his travel experiences are captured in 'The Embattled Innocence' published in the US and his current focus is 'Strategic Time Management' and 'Strategic Visions'.

His articles on geopolitics and history have appeared in prestigious magazines in the US such as The Washington Post for Middle East Affairs. He has spoken on these topics at over 40 US universities including the Harvard University, MIT, Emory, the University of Pennsylvania and Rutgers.

Suleman is an engineering graduate of the University of Nebraska and has done research with the US Air Force and the US Navy in solid state physics.

BUT EVEN WITH THE BEST RUNNING GEAR, YOU CAN'T WIN A RACE THAT HAS NO FINISH LINE.

Most adults are living their life on a day-to-day basis, without having a clear goal in mind.

We asked a group of 30 children that what their goal in life was. 29 had clear answers.

When we ask the same question of adults, most don't have answer. Most adults are living their life on a day-to-day basis, without having a clear goal in mind.

They set out in life with great plans. With wanting to make a difference. Not wanting to be the run-of-the-mill.

**Do you sometimes wonder:
"Where exactly is my life going?"
Only to be met by silence in return?**

Lost in day-to-day routine. And feel they have not achieved much at the end of the day.

Are your plans to re-organize life waiting to be carried out, for years? But you just don't seem to be getting that break?

While it means a lot to you to meet individual targets as sleeping early, reading regularly and being punctual, we ask you a very important question: Where actually is your life headed?

Often in our race against time, we have the right speed, but the wrong direction and no finish line in sight. The question is: are you willing to run a race which will last all your life, only to find out the end, you were on the wrong track?

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