

# ADDING MORE HOURS TO THE CLOCK THAN JUST THE ELEVENTH HOUR

July 12-14

Rangoonwala  
Community  
Center Karachi

09:00AM-05:00PM

Rs 9,500/-  
(for Individuals)  
Rs 11,000/-  
(for corporate delegates)

**STM**  
STRATEGIC TIME  
MANAGEMENT  
FOR LADIES

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

**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

Yameenuddin Ahmed has been associated with Timelenders since 2004.Since then, thousands of individuals, professionals and corporate executives have gone through his trainings in Pakistan, UAE and KSA. Beneficiaries of his training, consulting and counseling include people from Saudi Arabian Basic Industries Corporation (SABIC), Etisalat, Bank Islami Pakistan, Pakistan Navy, GlaxoSmithKline, Pfizer and Telenor.

A distinction of Yameen is his ability to work with families, groups of youth and parents in developing visions for their families and achieving these by managing their time effectively to an extent that every day spent takes them closer to their visions. His ability to explain logical and easy to apply time management concepts and tools has made him one of the experts of this area, helping people become the architects of their own lives.

# BUT EVEN WITH THE BEST RUNNING GEAR, YOU CAN'T WIN A RACE

*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.

# THAT HAS NO FINISH LINE.

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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## FOR REGISTRATION & DETAILS



**Mr. Rehan. A Siddiqui**  
Head Corporate Marketing & Sales  
M: (+92) 333-2161255  
E: rehan.siddiqui@timelenders.com

**Mr. Waqar Yousufi**  
Marketing Coordinator  
M: (+92) 333-2363160  
E: waqar.yousufi@timelenders.com

Suite # 120, Mezzanine Floor, Sabah Palace Sharah-e-Faisal, Karachi, Pakistan.

T: (92 21) 34535837, 34535920 F: (92 21) 34535806  
E: info@timelenders.com | W: www.timelenders.com

