



Timelenders presents

SLEEP MANAGEMENT WORKSHOP - NOV 18, 2012

AT KARACHI MARRIOTT HOTEL

CONQUER YOUR SLEEP

Sleep Management is a ground-breaking workshop that puts myths about sleep to rest. Something that takes up one-third of our lives is worth knowing about. This 1-day workshop is designed to help us better

understand sleep in the light of scientific and Islamic Knowledge. When implemented, it gives us a few extra years to live the life we would otherwise be seeing only in our dreams.

SULEMAN AHMER LEAD FACILITATOR

CEO and Lead Trainer Suleman draws on a diverse range of experiences from research in Solid State Physics with the US Air Force to consulting with multinationals, training thousands of people in South East Asia, the Middle East and North America. He has travelled to over 30 countries and worked in six different countries.

His book *The Embattled Innocence* captures his experiences as a relief worker. He is a speaker at Lahore University of Management Sciences (LUMS), where he teaches the principles of Strategic Visions. Suleman is an award winning writer and has spoken at over 40 US universities including Harvard and MIT.



WORKSHOP SCHEDULE

Date: Sun, November 18, 2012

Venue: Karachi Marriott Hotel

Timings: 08:00AM - 12:30PM

Fees: Rs. 4,750/- (per participant)

(Only for those who have done any of our paid workshops)

[REGISTER ONLINE](#)

REGISTRATION & DETAILS

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