



Timelenders presents

## STRESS MANAGEMENT WORKSHOP - OCTOBER 13, 2012

AT BEST WESTERN HOTEL, ISLAMABAD

### MANAGE ROUGH WATERS

The great seas of the corporate and personal world do not come without a fair share of rough waters. Termed as the disease of the 20th century, stress severely impacts decision making and output. How well you steer through these challenging situations

determines your success as a leader. **Stress Management** is an ideal 1-day workshop that will equip you with the knowledge to detect stress and give you an excellent framework to fight it on the way to greatness.

### 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: Saturday, October 13, 2012

Venue: Best Western Hotel, Islamabad

Timings: 08:00AM - 06:00PM

Fees: Rs. 9,500/- (per participant)

(Fee includes course materials, refreshment & lunches and very valuable networking)

[REGISTER ONLINE](#)

### REGISTRATION & DETAILS

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