

WELLNESS AT WORKPLACE

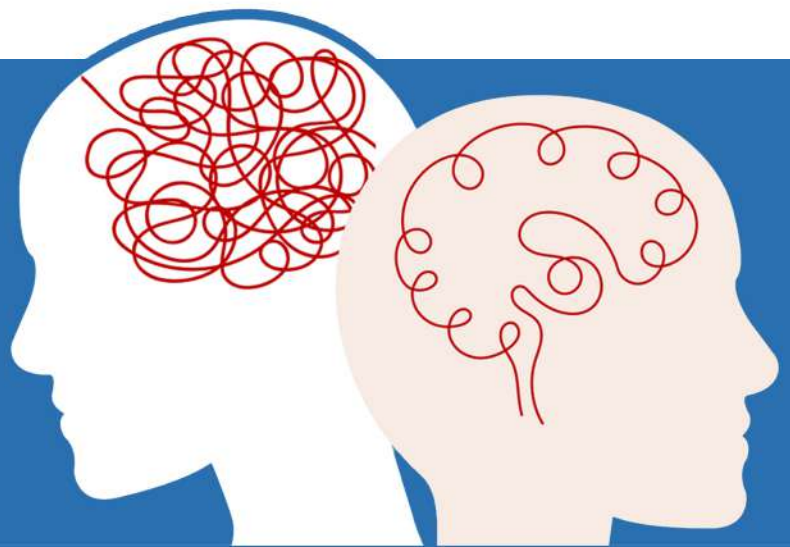
**1-Day Program On
Mindfulness & Meditation**

DATE

16th February, 2025

VENUE

AshreiTech Academy, NASTP
Main Sharah e Faisal, Karachi



Meet With Your Soul Guru

USMAN YOUSUF BUTT

He is an IBA graduate with 24 years of corporate experience in banking, education, and consultancy, having served in key leadership roles such as VP/Head of Learning, Head of HR, and Executive Director. He holds multiple certifications in training, sales, service excellence, and leadership from renowned institutions.

Certified in NLP since 1998, Usman has successfully integrated mindfulness, goal-setting, and proactive thinking into his professional life. Now, as an NLP practitioner, senior meditator, certified Reiki healer, counselor, and "Soul Guru," he's on a mission to spread corporate wellness and spirituality. Experience his powerful insights in a one-day, interactive session designed to deliver lifetime benefits.



CLIENTS INCLUDE



COURSE OUTLINE:

Mind Matters

- Workplace Wellness: Why it matters & making healthier daily choices
- Impact of poor wellness: Physical discomfort, stress & emotional fatigue
- Mindfulness at work: Awareness, focus & emotional triggers
- Procrastination & productivity: Personal habits vs workplace behavior
- Goal setting & planning: Short-term, practical goals
- Self-assessment activities:
 - Not-To-Do List & Wheel of Life
 - Social media time audit
 - Health priorities: Reactive vs proactive approach

Body Matters

- Practical Wellness Tools & Exercises (Hands-on)
 - Journaling & sketching for emotional release.
 - Deep breathing for stress, anger & anxiety.
 - Stretching, posture correction & cervical care.
 - Guided meditation for instant stress relief.
 - Simple desk tools for circulation & strength.
 - Movement habits: breaks, stairs & hydration.
 - Workplace ergonomics & AC exposure awareness.



LEARNING OUTCOMES:

- Wellness has to be practiced during work without a need of taking out time separately for it.
- Practicing it during work will improve your mindfulness, productivity and overall health.
- Practice the tools and techniques at your workstation.
- Live a holistic life.

WHO SHOULD ATTEND?

Trainers, Coaches, HR Leaders, High Pressured Executives, Wellness Enthusiasts, Educators

TARGET AUDIENCE:

Line managers from sales, operations, audit, compliance, audit, engineering.



REGISTRATION DETAILS

Program Fee: **PKR 32,500 + 15% SST** per participant.

Payment can be made via a Payorder in the name of AshreiTech or IBFT to:

Title of Account: ASHREI TECH PRIVATE LIMITED

IBAN: PK61MEZN0099740107642699

Bank Name: Meezan Bank Limited

Nominate a group of 4 and get a 15% discount.

The program fee covers the program manual, certificate of participation, Lunch, Entry Pass, and networking opportunities.

Cancellations can be sent 7 days before the program, after which NO cancellations will be accepted.

For more information, Contact

0333-2775771

ARE YOU READY TO PAUSE, BREATHE, AND RECONNECT WITH YOURSELF?

Reserve your spot now, your mind will thank you!