

# ENHANCING EMOTIONAL INTELLIGENCE THROUGH MYERS-BRIGGS® TYPE

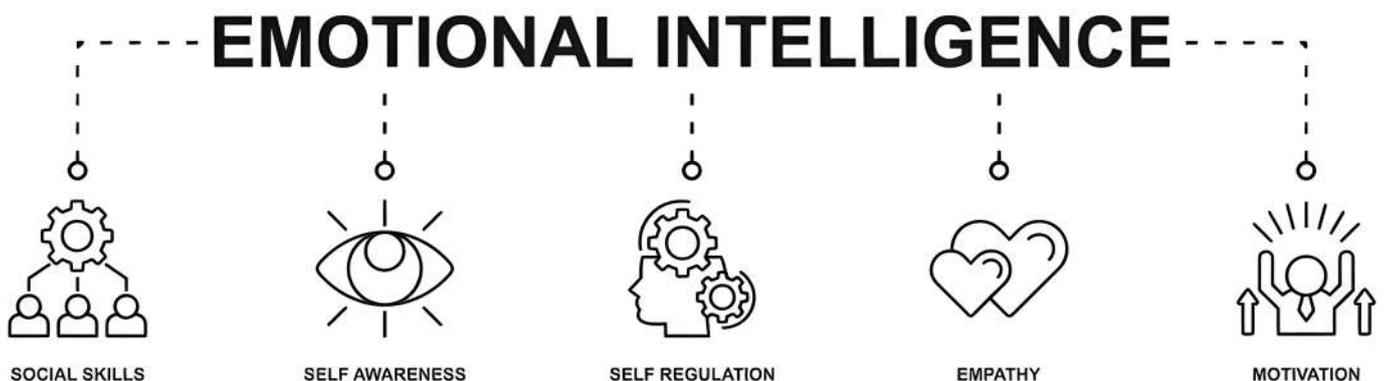
1-Day Professional Workshop focused program designed for teams and professionals who want to strengthen their emotional intelligence by understanding their personality preferences.

## DATE

9<sup>th</sup> May 2026

## VENUE

Ashrei Tech, 2nd Floor NASTP  
Main Sharah e Faisal, Karachi.



Let's Meet With Our Trainer

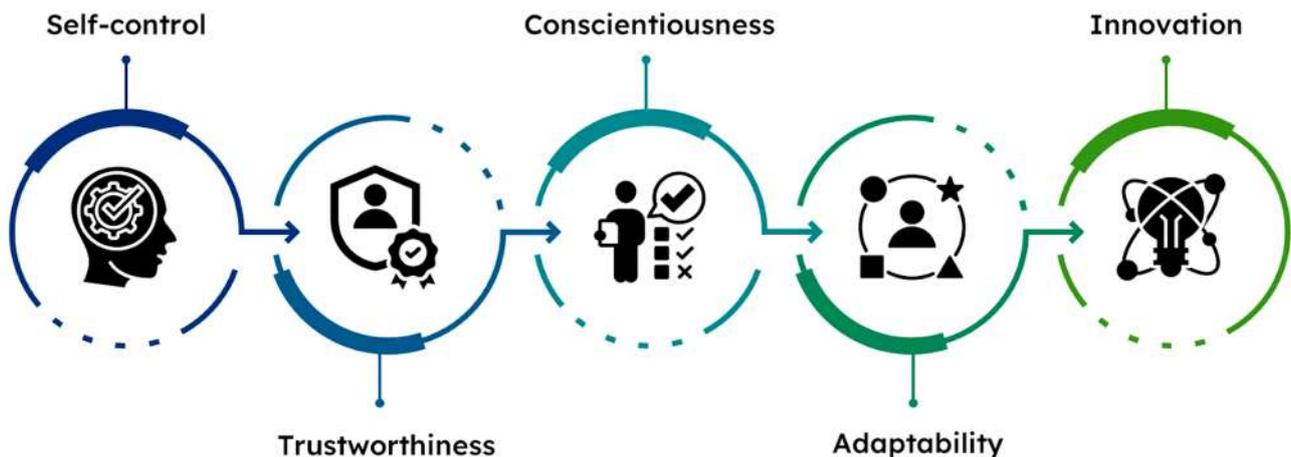
## DR. MUHAMMAD QAMAR-UL-HASSAN

He's a pioneer in personality type-based performance improvement in Pakistan and the founder of Qamar Consulting (est. 2005). A medical doctor with expertise in psychiatry, psychology, and human development, he holds certifications in MBTI, MMTIC, and LTP. He has trained over 500,000 students and professionals across 100+ organizations, applying type-based solutions in leadership, communication, career guidance, and team building, and has presented his work at international conferences.



## EXPERTISE

- Leadership and team building
- Workplace success
- Stress management
- Creativity and innovation
- Employee retention
- Decision-making



# PROGRAM OVERVIEW

This session is specifically for individuals who have already completed the MBTI assessment and confirmed their best-fit type, allowing for deeper, more personalized learning.

Participants will explore the nature of emotions, understand how personality influences emotional responses, and develop practical, type-based strategies to improve their emotional intelligence. The workshop combines self-awareness, interactive activities, and actionable planning to help individuals manage emotions more effectively and build stronger interpersonal relationships at work.

# WHY EMOTIONAL INTELLIGENCE MATTERS

- Improves workplace relationships
- Strengthens leadership and teamwork
- Enhances decision-making
- Reduces stress and conflict



# WHAT YOU'LL LEARN

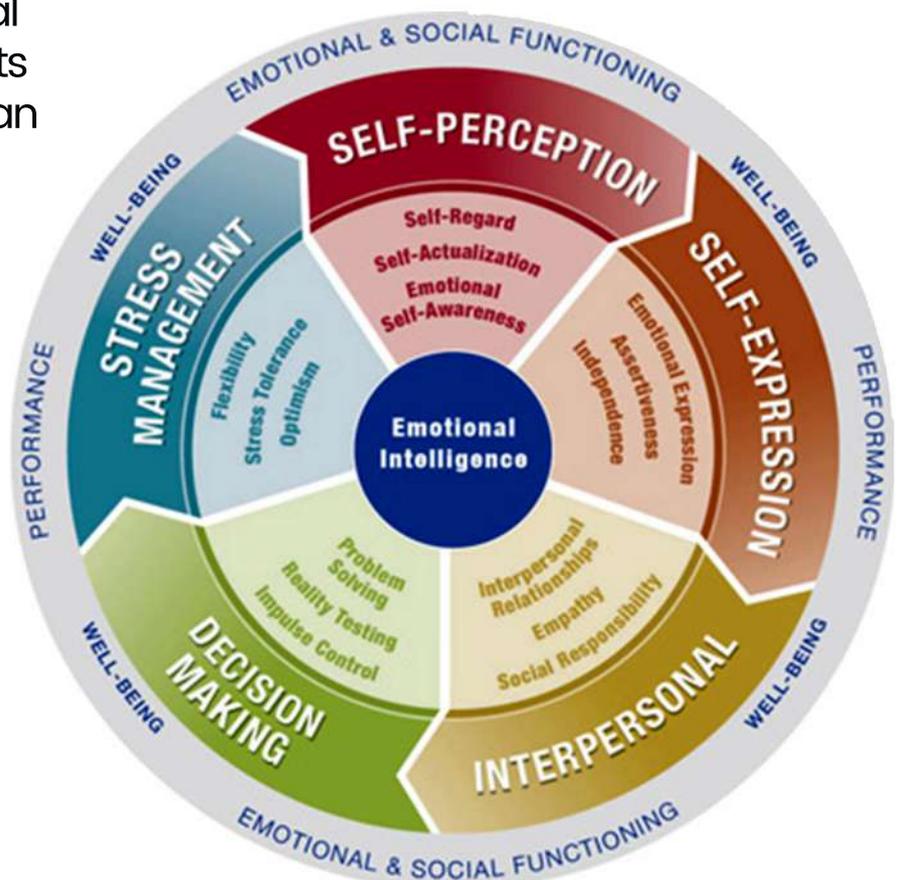
- Importance of emotional intelligence
- Managing intrapersonal and interpersonal emotions
- Type-based emotional patterns
- Strategies to enhance EI

# METHODOLOGY

- MBTI type-based learning approach
- Interactive self-awareness activities
- Group discussions and exercises
- Personalized action planning

# POST-WORKSHOP BENEFITS

- Development worksheet
- Emotional intelligence journal
- Practical EI strategy handouts
- Long-term improvement plan



# FEE DETAILS

- **PKR 75,000 + 15% SST** per participant

# HOW TO REGISTER

- Payment can be made via Payorder in the name of AshreiTech or IBFT to:  
Title of Account: ASHREI TECH PRIVATE LIMITED  
IBAN: PK61MEZN0099740107642699  
Bank Name: Meezan Bank Limited  
Payment receipt to be sent at [Jiqbal@ashreitech.com](mailto:Jiqbal@ashreitech.com)
- **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**

# REGISTER NOW

Boost your emotional intelligence  
and understand yourself and others better.