

TRAINING WORKSHOPS ON

LEADERSHIP & WELLBEING

BROCHURE

ABOUT US

Our mission is to enable leaders to understand human potential, build their capabilities & help them connect with self & their team to get optimum results with minimum efforts, while enjoying the journey.



WHAT DO WE DO?

We as a training firm, specialize in empowering companies to elevate their teams into compassionate superheroes, equipping them with the essential skills to navigate the complexities of modern leadership.

Through our tailored approach, we offer a comprehensive suite of practical tools and immersive learning experiences. These resources are meticulously designed to enhance the spiritual, mental, emotional, and physical wellbeing of teams. By nurturing these vital aspects, we enable teams to achieve unparalleled results with remarkable efficiency.

our vision is
a world full of
innovative,
humane & happier
leaders.

LEADERSHIP IN 21 CENTURY

Technology is changing not only our work lives but also our personal lives so much so that our values, thoughts, behavior and culture is changing.

Some leadership qualities are evergreen. However leaders now require some new skillset to manage the upcoming business and personal challenges.

We equip you with these new skills such as productivity, creativity, storytelling, emotional intelligence etc. and introduces you to tools that will help you deal with the changing business world.

HOW LEADERSHIP IS CHANGING

- Inspiration over direction
- Deeper connection with stakeholders
- Bouncing back with vigor from daily set backs
- Inclusive teams & decision making
- Managing teams spread across the globe
- Emphasis on values & culture
- Use of creativity in day to day life
- Information quantity and communication needs
- Reduced attention spans
- Staff retention due to no loyalty culture



Leaders become great, not because of power, but because of their ability to empower others.

66

JOHN MAXWELL



Every great leader must first understand, manage and lead themselves. In a world of endless deadlines and distractions, knowing who you are and mastering your emotions isn't a luxury — it's the foundation of authentic leadership and meaningful impact.

KNOW THYSELF — UNLOCKING THE INNER COMPASS

EVERY GREAT QUEST BEGINS WITHIN.

OBJECTIVES

- Help participants uncover their core beliefs, values, identity, strengths and blind spots.
- Build self-awareness as the foundation of confident decisionmaking.
- Align personal purpose with professional growth.

ABOUT THE WORKSHOP

Most people live on autopilot, reacting, not choosing.

This workshop takes participants inward, helping them discover who they truly are beneath the job titles and roles, what they truely value in life and how their limiting beliefs are impacting their current quality of life.

The result? A compass for life and leadership that doesn't lose direction under pressure.

WHY THIS PROGRAM?

- Leaders who know themselves lead with clarity and conviction.
- Self-aware employees manage stress better and make smarter decisions.
- It reduces conflict, confusion, and costly "identity crises" at work.
- Builds a workforce that is values and purpose-driven, not just paycheckdriven.

"When your people know who they are, they'll know exactly how to win – at work and in life."



AUTHENTIC LEADERSHIP — LEADING WITHOUT THE MASK

REAL > PERFECT. PEOPLE FOLLOW TRUTH, NOT TITLES.

OBJECTIVES

- Help leaders embrace vulnerability and authenticity as strengths.
- understand what do followers really look for in an authentic leader.
- Build trust by aligning words, actions, and values.
- Replace "performative leadership" with real, human connection.

ABOUT THE WORKSHOP

Corporate culture often rewards masks — polished façades and "perfect" personas.

But true influence comes from authenticity.

This workshop helps leaders shed the mask, lead with integrity, and inspire followership by being real, not rehearsed.

WHY THIS PROGRAM?

- Authentic leaders create loyal, engaged teams.
- Trust skyrockets when leaders show up as humans first, managers second.
- Reduces burnout from "pretend leadership" and toxic culture.
- Builds credibility that no title, policy, or incentive can buy.

"Authenticity isn't a tactic, it's the ultimate leadership superpower."





No quest is ever a solo journey. In business and in life, success is built on trust, communication, and connection. Master these, and you don't just exchange information — you build influence, loyalty, and lasting partnerships.

LEADING WITH EMOTIONAL INTELLIGENCE

LEAD HEARTS BEFORE YOU LEAD CHARTS.

OBJECTIVES

- Equip leaders with the tools to recognize, manage, and channel emotions with ease.
- Strengthen empathy and active listening to build deeper workplace trust.
- Turn emotional awareness into stronger influence, collaboration and results.

ABOUT THE WORKSHOP

Leadership isn't just about strategy decks and KPIs, it's about people.

This workshop helps leaders decode emotions (theirs and others') so they can connect authentically, inspire action and navigate people related challenges without the drama.

70%
of fortune 500
companies are setting
aside budgets for El
trainings.

WHY THIS PROGRAM?

- Because people don't leave jobs, they leave managers who don't "get" them.
- Emotionally intelligent leaders create healthier, more resilient teams.
- It reduces conflict, boosts morale, and directly improves retention.
- Builds leaders who can thrive in complexity, not just manage it.

"Because real leaders don't just manage tasks, they move hearts."



BUILDING TRUST FOR SUCCESS — THE CURRENCY OF INFLUENCE

NO TRUST, NO TRIBE. IT'S THAT SIMPLE.

OBJECTIVES

- Help participants understand the science and psychology of trust.
- Understand the four foundations of credibility i.e. Integrity, Intent, Capabilities & Results
- Learn the 13 behaviour that build trust
- Foster environments where openness and collaboration thrive.

ABOUT THE WORKSHOP

Trust is the invisible currency of leadership and relationships, once broken, everything crumbles.

This workshop equips participants with practical ways to earn, protect, and rebuild trust so relationships and results can stand the test of time.

WHY THIS PROGRAM?

- Trust is the #1 predictor of employee engagement and retention.
- Increases speed of collaboration by removing fear and second-guessing.
- Improves resilience during organizational change and uncertainty.
- Builds leaders and teams people want to be part of.

"Trust: the hidden engine behind every high-performing team."



MASTERING COMMUNICATION — SAY LESS, MEAN MORE

SPEAK TO CONNECT & INSPIRE, NOT JUST TO BE HEARD.

OBJECTIVES

- Develop clarity and impact in everyday communication.
- Equip participants to listen deeply and respond effectively.
- Transform conversations into tools for alignment and influence.
- Use your communication skills to build strong & meaningful relationships.

ABOUT THE WORKSHOP

Most corporate conversations sound like a game of broken telephone, lots of noise, little meaning.

This workshop strips away jargon and miscommunication, teaching participants how to express themselves with clarity and connect with others in ways that inspire action.

WHY THIS PROGRAM?

- Reduces costly misunderstandings and workplace conflicts.
- Builds stronger collaboration across teams and functions.
- Improves morale by making people feel heard and valued.
- Enhances efficiency: less talk, more real progress.

"When people truly understand each other, performance takes care of itself."



MASTERING PUBLIC SPEAKING — FROM STAGE FRIGHT TO SPOTLIGHT

YOUR VOICE IS YOUR SUPERPOWER — LEARN TO WIELD IT.

OBJECTIVES

- Overcome fear and anxiety around public speaking.
- Develop confidence, presence, and storytelling skills.
- Transform presentations into performances that inspire and persuade.

ABOUT THE WORKSHOP

Stage fright kills more ideas than bad strategies ever will.

This workshop arms participants with the mindset and tools to own the stage, whether in a boardroom, a client pitch, or a conference hall — turning nerves into impact.

WHY THIS PROGRAM?

- Boosts leaders' influence by amplifying their ideas.
- Elevates the company's brand when employees shine externally.
- Builds confidence that translates into everyday communication.
- Turns presentations from boring slideshows into memorable experiences.

"When your people own the stage, they don't just speak, they spark movements."





Even heroes need allies. High-performing teams don't happen by accident — they're forged in trust, joy, and shared purpose. When people feel connected and valued, they don't just work harder, they work better.

BUILDING A HIGH-PERFORMANCE TEAM — BEYOND TARGETS, TOWARD TRIUMPH

STRONGER BONDS, BETTER SYSTEMS, BOLDER RESULTS.

OBJECTIVES

- Create alignment around a shared vision and team identity.
- Defining and agreeing on a high performing team model that includes defining roles, setting clear objectives, empowering teams, getting commitment, defining accountability and measuring results.
- Develop collaboration skills that transform competition into synergy.
- Equip leaders with tools to boost engagement and accountability.

ABOUT THE WORKSHOP

A team isn't just a collection of employees, it's an ecosystem.

This workshop helps leaders and members design team cultures where trust, clarity, and collaboration thrive.

The goal: teams that don't just hit KPIs, but consistently raise the bar.

WHY THIS PROGRAM?

- Increases productivity by replacing silos with synergy.
- Builds resilience by strengthening bonds during change or crisis.
- Improves retention by making teams a place people want to belong.
- Unlocks creativity and innovation through collective intelligence.

"Aligned teams don't push harder, they soar higher."



CREATING HAPPINESS AT WORK — CULTURES THAT ACTUALLY THRIVE

A JOYFUL CULTURE IS THE ULTIMATE PRODUCTIVITY TOOL.

OBJECTIVES

- Help organisations understand the science of happiness at work.
- Equip leaders to design environments where people feel valued.
- Boost performance through positive psychology and where employees agree to take responsibility of their own happiness.

ABOUT THE WORKSHOP

Hustle culture says "grind harder." We say, "try happier."

This workshop reveals how joy and meaning fuel performance far better than fear and pressure. Because when employees actually like coming to work, they give their best without being asked.

WHY THIS PROGRAM?

- Reduces stress, burnout, and absenteeism.
- Boosts engagement and discretionary effort (the extra mile).
- Creates workplace cultures that attract and retain top talent.
- Turns happiness into a competitive advantage, not a soft perk.

"Joyful teams don't just perform, they transform."





Work without meaning is just glorified busywork. People crave purpose beyond paychecks. When individuals design their lives with intention, they bring more passion, clarity, and energy to their work — fueling both personal fulfillment and organizational growth.

A QUEST FOR LIFE PURPOSE — WHY AM I HERE?

MEANING IS THE ULTIMATE MOTIVATOR.

OBJECTIVES

- Guide participants to explore their personal sense of purpose.
- Connect individual purpose with organizational mission.
- Inspire renewed energy, clarity, and commitment in work and life.

ABOUT THE WORKSHOP

When people lose their "why," they lose their drive.

This workshop takes participants beyond titles and salaries, helping them discover deeper meaning in their work and personal lives.

Because when purpose is clear, performance becomes unstoppable.

WHY THIS PROGRAM?

- Purpose-driven employees are more engaged and resilient.
- Reduces burnout by turning "have to" work into "want to" contribute.
- Strengthens alignment between individual goals and company vision.
- Builds a culture where passion fuels performance.

"When people find their "why," they'll find the will to rise higher."



LIFE DESIGN QUEST — DESIGN THE LIFE YOU WERE BORN TO LIVE

CAREERS ARE PLANNED. LIVES ARE DESIGNED.

OBJECTIVES

- Help employees connect work with life purpose, values, and identity.
- Equip them with a framework to design a fulfilling and fun life.
- Align personal aspirations with organisational vision.
- Build sustainable daily habits and systems that reduce burnout and fuel long-term performance.

ABOUT THE WORKSHOP

Most companies guide careers. We guide lives.

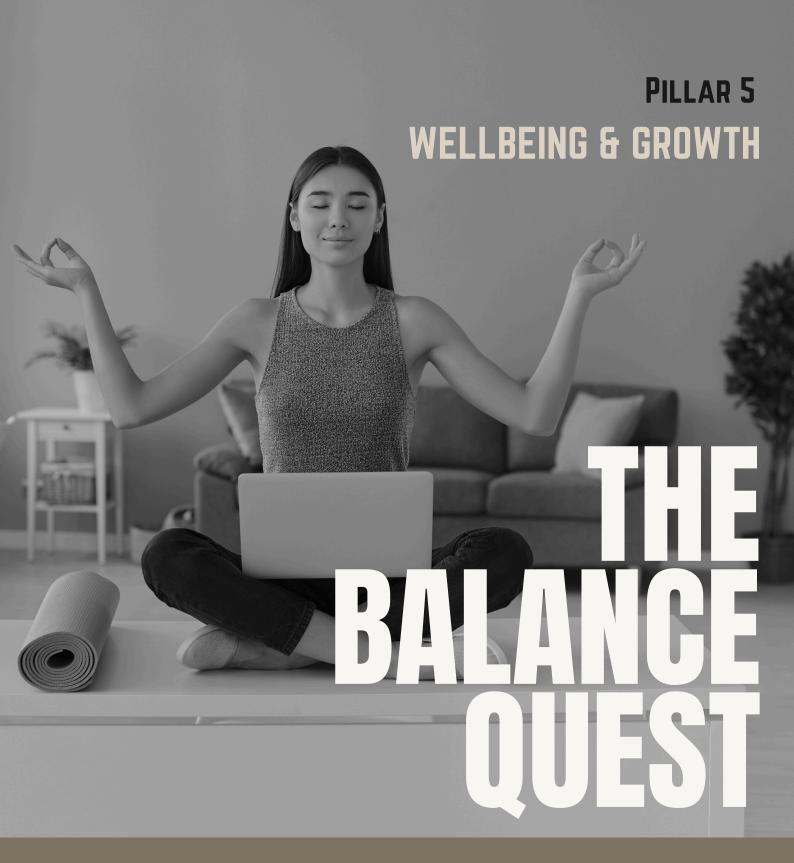
In this immersive quest, participants use the Life Design framework to reimagine success, align with purpose and craft a roadmap for a life that works both inside and outside the office.

WHY THIS PROGRAM?

- Engagement & retention: loyalty soars when work meets life vision.
- Burnout reduction: life rhythms designed for balance = energy that lasts.
- Productivity boost: clear priorities and simple systems drive faster execution.
- Culture lift: purpose-driven people create thriving, high-performance teams.

"Not just careers planning, lives designed, cultures transformed."





The best strategy is a sustainable one. Creativity, performance and long-term growth die on the altar of exhaustion. This realm teaches people and organisations how to protect energy, sharpen focus, and build lives that last beyond the fiscal quarter.

DO LESS, ACCOMPLISH MORE — THE GUIDE TO TIME, ENERGY & FOCUS

MANAGE TIME. MASTER ATTENTION. RECLAIM RESULTS.

OBJECTIVES

- Understand what is key impediments to your productivity.
- Teach simple productivity framework to prioritise what actually moves the needle.
- Build habits and rituals that protect focus and energy (not just schedules).
- Replace busywork with high-impact systems for faster execution.

ABOUT THE WORKSHOP

Busyness is the corporate badge of honour, until it isn't.

This workshop is a two-day, hands-on rebellion against frantic calendars.

Participants learn to prune tasks, protect attention and create a personal operating system that turns scarce time into meaningful output.

WHY THIS PROGRAM?

- Cuts wasted hours and increases highvalue output.
- Reduces chronic overwhelm and decision fatigue across teams.
- Improves quality of work by prioritising deep focus over shallow multitasking.
- Frees up creative capacity, the place where real innovation lives.

Less noise, more signal, do fewer things, do the right things brilliantly.



EMBRACING HOLISTIC WELLBEING — HEALTHIER, HAPPIER YOU

CAREERS ARE PLANNED. LIVES ARE DESIGNED.

OBJECTIVES

- Equip employees with practical, sustainable wellbeing habits (physical, mental, emotional, environmental).
- Build simple routines and micropractices to reduce burnout and boost resilience and consistent level of energy.
- Create a shared language and small structural changes that embed wellbeing into daily work.

ABOUT THE WORKSHOP

Wellbeing isn't yoga mats and fruit bowls, it's practical daily systems and rhythms that keep people creative, present and energetic.

This immersive session gives participants evidence-backed tools and realistic rituals to strengthen energy, sleep, mood and relationships, so work gets better because people feel better.

WHY THIS PROGRAM?

- Lowers absenteeism and reduces long-term health-related costs.
- Boosts sustained productivity and creativity, not short bursts.
- Improves retention by showing genuine care for employees' whole lives.
- Builds a positive culture where people can bring their best selves every day.

"Care for people like the business depends on it, because it does."



TRAININGS YOU EXPERIENCE







ONE TRAINER. MANY TRANSFORMATIONS, YOURS COULD BE NEXT.

I've spent my life **helping leaders rediscover what spreadsheets can't show** i.e. purpose, connection and the courage to **lead with heart**.

With over 25 years of experience, I bring a unique blend of **corporate wisdom**, **entrepreneurial grit and coaching depth** to leadership development. For **17 transformative years at EY Pakistan**, I rose to become **one of the youngest Partners and co-founded** the firm's **Risk Advisory Practice** in both Pakistan and Afghanistan in 2006. My journey took me from the boardrooms of **EY USA and EY UK** to delivering impactful projects for **major banks**, multinationals and global donor agencies in Pakistan.

I've had the privilege of training and collaborating with Boards, C-level leaders, senior executives, and middle management, equipping them with tools for authentic leadership, emotional intelligence, and high-impact team performance. My sessions are known to spark reflection, insight and action, not just better leaders, but better human beings.

As a certified life coach and visiting faculty at the Pakistan Institute of Corporate Governance since 2008, I merge strategy with soul. I've trained 500+ consultants in EY and 1,000s of professionals in technical, leadership and essential life skills.

My experience goes beyond the corporate world. I've built six startups (and gracefully failed at four), been incubated at Google's startup space and immersed myself in the startup ecosystem to learn design thinking and innovation from the ground up.

Multi-passionate at heart, I draw inspiration from travel, storytelling, photography and deep human connections. I have a genuine love for exploring cultures across the world, meeting new people and understanding how they see life, work and meaning. This wide lens adds soul to the way I train making it relatable, real and deeply rooted in lived experience.

If you're looking for a trainer who understands the numbers and the complexities of human behaviour, someone who can speak to the boardroom and still connect with the frontline, let's talk.

Together, we'll grow leaders who don't just lead teams... they transform cultures for impact.



KEY CLIENTS SERVED

LEADERSHIP, PERSONAL DEVELOPMENT, GOVERNANCE RISK & COMPLIANCE TRAININGS

Regularly conducted governance, risk, internal audit and internal controls trainings at Pakistan Institute of Corporate Governance since last 17 years to train board of directors and senior management. This list includes PICG trainings as well as other leadership and personal development trainings conducted:

- Engro Corporation
- Engro Foods Limited
- EcoPak Limited
- Jazz
- EFU General Insurance
- K Electic Limited
- Nestle Pakistan Limited
- ICI Pakistan Limited
- HBL Bank Limited
- Sui Southern Company Company
- Orix Leasing Limited
- Millat Equipment Limited
- Shell Pakistan
- EY Pakistan
- ICI Pakistan
- Securities & Exchange Commission of Pakistan
- Huqooq e Pakistan Project Ministry of Human Rights
- Louis Dreyfus Company
- Avanza Solutions (Pvt. Limited)
- Pakistan Business Council
- Jubilee Life Insurance
- Axiom World Saudi Arabia
- Paksitan Business Council
- Pakistan Institure of Corporate Governance

- ACCA Pakistan
- K Electric
- TCS Private Limited
- State Bank of Pakistan (SBP)
- Bank Alfalah Limited
- NIB Bank Limited
- Faysal Bank Limited
- Silk Bank Limited
- Samba Bank Limited
- EMESAP
- The World Bank
- Pakistan Poverty Alleviation Fund



Let's Talk

To speak with someone right away please contact us on:

Phone: +92 335 3 44 55 54

Send an email to: sharjeel.j.ahmad@gmail.com

The capacity to learn is a gift; the ability to learn is a skill; the willingness to learn is a choice.

Brian Herbert