



The Institution of Engineers Pakistan

Karachi Centre



Theme
PRESS FOR
PROGRESS



DATE:
SATURDAY 10TH MARCH, 2018
TIME:
3:00 PM TO 6:00 PM
VENUE:
IEP CONVENTION CENTER, 5TH FLOOR,
IEP BUILDING, SHAHRAH-E-FAISAL
OPP: HOTEL REGENT PLAZA, KARACHI

Seminar on

PHENOMENAL STRESS AND MANAGEMENT **SYSTEMS AWARENESS SESSION**

Registration:
FREE

SPEAKER PROFILES

Ambreen Hameed is a certified Stress & Self-Management Consultant with *Consultants for Our Future World, U.S.A. LLC.(COFW)*. As COFW's Consultant, Ambreen Hameed has taken part in transforming the lives of thousands of clients in their achievement of living a Stress-Free, Joyful and Abundant life. She has taken extensive trainings from COFW and continues her trainings, so she can impact the lives of many more by highlighting a path of Empowerment, Rejuvenation and Self-Love through COFW's powerful Stress & Self-Management Systems.

Aamna Shaikh is a certified Stress & Self-Management Consultant with *Consultants for Our Future World, U.S.A. LLC.(COFW)*. As COFW's Consultant, Aamna has taken part in transforming the lives of thousands of clients in their achievement of living a Stress-Free, Joyful and Abundant life. She has taken extensive trainings from COFW and continues her trainings, so she can impact the lives of many more by highlighting a path of Empowerment, Rejuvenation and Self-Love through COFW's powerful Stress & Self-Management Systems.

Ather Ahmed is a certified Stress & Self-Management Consultant with *Consultants for Our Future World, U.S.A. LLC.(COFW)*. He has taken part in transforming the lives of thousands of clients in their achievement of living a Stress-Free, Joyful and Abundant life. He has taken extensive trainings from COFW and continues his trainings, so he can impact the lives of many more by highlighting a path of Empowerment, Rejuvenation and Self-Love through COFW's powerful Stress & Self-Management Systems.

ABOUT THE SEMINAR

- Introduction to the Phenomenal Stress and Self-Management System.
- Establish the Importance of Enhancing the Quality of Life.
- Discuss about the different aspects of Quality of Life.
- Establish the importance and benefits of Stress Management technologies for Professionals, Students and Everyone else.
- Sharing the latest scientifically proven researches.
- Introduction to the Technology of Heart Coherence- that empowers you to Shift your Emotional State for Well Being!
- Educate the participants How to instantly shift from stressful state into peaceful state, through the technology of Heart Coherence.
- Pass around informational content.
- Demonstration : On-site measuring of participant's stress level.

Who should attend?

Engineers / Scientists / Technologists / Stake Holders/ Educationists, Faculty Members & All Discipline of Engineering Students.

For Further Information Please contact:

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Registered Participants will receive 0.5 Credit Points
(Subject to the approval of Pakistan Engineering Council (PEC)).