

Unwind-Live and Improve Life for The Better

Dec 09 – 10, 2024

Venue: PIM, Karachi

Rs. 31,000/=

Course Description

In today's world of chaos & uncertainty it becomes absolutely necessary to pause and unwind. Life can become a roll coaster ride, we burn out before our time and unconsciously compromise on our physical and emotional wellbeing.

We still have a life to live ahead of us and it's now time that we realised the importance of our life – for us and for our families. It's never too late.

Let's reset that healthy work-life balance and take back control of our life.

LEARNING OUTCOMES

To ensure that our wellbeing is prioritised we are pleased to announce the subject course. The course is designed to refresh your outlook to a healthy living. At the end of the course you will be able to:

- Prioritize in life
- Manage Emotions
- Face fears
- Motivate ourselves
- Me – time
- Learn how to be independently strong
- How to relax, breathing exercises

WHO MUST ATTEND?

Anybody who wants to learn to live again in a more fulfilling way!

FOR DETAILS AND REGISTRATION

PIM, Karachi: Management House, Shahra-e-Iran, Clifton, Karachi 75600

Voice Dir: (+9221) 9925 1718, 9925 1680, E-Mail: program@pim.com.pk

PIM, Lahore: Management House, 70-B/2, Gulberg III, Lahore 54600.

Voice Dir: (+9242) 9926 3137

Mobile: 0300-8840880, 0332-4353820 E-Mail: pimlhe@pim.com.pk

PIM, Islamabad: Plot No. 12-K, Sitara Market, Sector G-7 Markaz, Islamabad

Voice Dir: (+9251) 9252651 -2, E-Mail: pimisb@pim.com.pk