

*Activating the Seed of Human Potential  
and Building High-Performance People*



CORPORATE

# SELF MANAGEMENT **COURSE**

**The Art of Managing and Enhancing your  
Internal and External Quality of Life**

**Enterprise-Proven Techniques for  
Boosting Mental & Emotional Well-Being!**

Your team is the heart of your success and your most valuable asset, invest on their well-being to cultivate fast-paced growth, boost profits, & achieve healthy success.

**Self-Management skills will help your organization to foster growth, expansion, and stand out in today's competitive ever-changing world.**



## **What is Self-Management?**

Do you need to bring exponential growth to your business? Do you need to overcome the growth blocks which your company might be facing? Do you need your team to boost their productivity and contribute to business growth in full spectrum? Do you need to build team coherence and integrity?

Self-Management is the way of living a balanced and coherent life concerning mental, emotional, financial, and relational well-being. This is a must have skill required by all, from CEO to top management and going down the hierarchy.

A corporation grows with the growth of any and all team members whose investment is involved in any way in terms of decision making, skills, tasks, or time. Simply stated, the team running your business need to be in their best possible internal state to ensure the stability and growth of a company.

Larger and most successful corporations around the globe prefer emotional quotient over intelligence quotient for their workers as emotionally stable person is more likely to be content and more effective in their lives, therefore they are capable of building a stronger relationship with the clients/customers and can better manage the work efficiently. An emotionally and mentally stable person is a better indicator of success in the workplace.

To remain competitive and survive in such an ever-changing and challenging environment, companies and corporations need to start preparing today for a successful tomorrow.

### **This is where Self-Management will help!**

Self-Management is a comprehensive integrated system that is fully equipped to cover every aspect of life. It allows corporates to focus their energies on core business areas, allowing them to exceed and excel in their respective domains

The combination of technologies we use are scientifically researched, documented, and proven effective to reduce stress resulting in optimum, joyful, and abundant life.

Self-Management is the Art of Managing and Enhancing your Internal and External Quality of life. Learn to empower yourself and move into a blissful state of prosperous business and a happy life.





# What You Will Gain

- Ability to overcome challenges
- Achieve greater accomplishments
- Clarity in making deals
- Efficient work performance
- Enhance workforce well-being
- Financial breakthroughs
- Foster agility in the workplace
- Foster long term relationships with customers
- Get off the mood swings
- Higher success rate
- Improved decision-making power
- Improved health
- Increased focus and concentration
- Rescript your attitude towards wealth and success
- Stabilize emotional and mental health

*“If you are not outrageously happy, you are living at a fraction of your potential.”*

*When you learn how to step back and tune-in to your natural joy, you create more clarity, peace, and well-being in your life, which will propel success.”*



# COURSE INCLUDES

**A powerful system to profoundly improve the Quality of Life!**



## SELF-MANAGEMENT

### Begin Your Journey to a Blissful Life

Stress response can be triggered by the environment, life changes, events, daily stresses, and workplace. These stressors knock the brain and body out of balance which affects your finances, health, and relationships. Manage yourself and become stress-free at the core level so you can begin to revive the important aspects of your life.

#### LEARN:

- How You are the Source of Your Experience
- The Nature of Your Mind - The Intelligent Power Unit
- The Art of Thinking - Shift from Compulsive Thinking to Conscious Thinking
- The Importance of Focus and how it determines the Quality of Your Life
- The Technology of Hado - How Your Words and Thoughts affect Your Reality
- How-to Dynamically Create Desired Experiences - The Energy of Desire and Co-Creation
- Discover How Your Thought Process influences the Psychological and Existential Reality



## OPTIMUM RELATIONSHIPS AND DEVELOPMENT

### Dynamic Acceptance of Life

Humans are social beings therefore, we are always surrounded by all types of relationships such as family, children, friends, spouse, co-workers, etc. However, one of the most important relationships is with YOURSELF. All the relationships in your life are an extension of you. Harmonize your relationship with yourself, your body, your life and your relationship with others.

#### LEARN:

- The Science of Appreciation - Complains vs. Gratitude
- The Technology of LETTING GO - The Power of Your Emotions
  - Eliminate Unwanted Emotions (Anxiety, Depression, Stress, Anger etc.)
  - Conquer Negative or Unwanted Habits
  - Materialize amazing gains in life
  - Experience Peace and Harmony in all your external relationships
- Enhance the Quality of Your Personal and Professional Relationships
- Master the Process of Meditation - Step into the Dimension of Creation and Alignment:
  - Improve Your Physical Wealth (The Human Body)
  - Boost Your Mental Wealth (The Mind)
  - Attain Loving and Healthy Relationships
  - Establish an Abundant Flow of Finances





## OPTIMUM ABUNDANCE AND FINANCES

### Participate in the Game of Life & Move from Intellect to Intuition

Experience Optimum Abundance in all aspects of life including Finances. Bring your Abundance into alignment with your desires.

#### LEARN:

- How Everything Exists - The Unified Field of All Possibilities
- The Intelligent Way to Exist - Shift Your Perception about Life
- How-to Use the Power of Intention to Manifest Anything
- How-to Regain Your Command on Your Internal and External Reality
- How-to Shift from Scarcity Mindset to Abundance Mindset
- How-to Increase Your Influential Power and Exceed All Sale Goals
- How-to Organize The 4 Vital Dimensions of Human Being - Attain Optimum Experience in Business and Personal Life
- How-to Use Your Internal Guidance System - Power of Intuition



## OPTIMUM HEALTH AND JOY

### Respond to Expand

Without health you cannot enjoy some of the basic beauties of life. Optimum Health is the foundation of living a joyful and abundant life. Learn to conduct every aspect of your life with willingness and make your life experience pleasant.

#### LEARN:

- The Art of Response - Align Yourself with The Grand Power of The Unified Field (Become 100% Involved in The Process of Life)
  - Live Wholeheartedly to Experience Fulfillment of Life
  - Recognize The Majestic Integrants of Life
- How-to Sustain The State of Joyfulness - The Art of Feeling Good
- The Dynamics of The Circadian Rhythm - Increase Productivity and Efficiency by Resetting your Circadian Rhythms
- The Mechanism of Your Body and Fix Incorrect Eating Habits
- The Importance of Food to Ensure Optimum Health
- Ways to "DO" Life to Elevate Your Frequency
- Powerful Breathing Techniques to Enhance Your Life Experiences and Drastically Improve Health.

I believe in the **70/30 Rule**. Spend 70% of your time on personal development, your mental and emotional coherence, and the remaining 30% doing business, because business only grows when you grow as a person. Ever since I have started taking Self-Management Trainings on DAILY basis for the past few years, my business has seen tremendous growth in fraction of the time. Through Self-Management Trainings, I have seen profound changes in my business success & growth, health, mental & emotional conditions, family integrity, and healthier relationships. All aspects of my life have aligned to my desires. I am more happy, energetic, and ambitious now than I ever was.



## IMTIAZ HUSSAIN ABBASI



**OWNER, CHAIN OF IMTIAZ SUPERMARKETS**

CLIENT OF FUTURISTIC LEARNING'S

SELF-MANAGEMENT COURSE

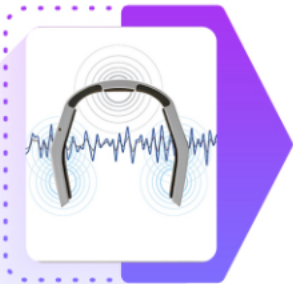


**We bring to you, multitude of**

# Breakthrough-in-Brain-Science Technologies

**all infused in a single course, so your team can reap optimum results!**

## PEMF Head Band



By applying non-invasive energy into the body, it stimulates the cells to help them function the way they were intended to. This device emits electromagnetic waves at different frequencies such as Delta, Theta, Alpha, Beta, & Gamma, to improve cognitive performance, strengthen attention & focus, optimize your mental capacity, energize cells on a molecular level and revitalize the body and mind through brainwave entrainment.

## Eye Massager



Our eyes are constantly taking in tons of information about the world around us and sending it to our brain for processing. Without our eyes we would not be able to see the beauty of the world, therefore, eye health is very important. This device is designed to help regain eye vitality, relieve headaches, alleviate eye strains, insomnia, and everyday eye fatigue, through a soothing eye massage experience with heat, vibration, compression, & music via built-in speakers.

## Neck Massager



Most of our daily activities, can cause stress on the body, particularly, in neck and shoulders. Body stress hinders our ability to focus and be productive. Fortunately, massage is one of the best alternative medicine approaches for treating that stress. This latest technology-based electric neck massager is designed to deeply relax the neck muscles and nerves, provide relief from pain and stress, and release tight knots and tension caused by daily activities.

# Breakthrough-in-Brain-Science Technologies



## Brainwave Entrainment

Engineered soundtracks used throughout the course use particular brainwave frequencies in order to induce an altered state. Brainwave entrainment prompts the brain to access a particular state through a variety of different audio stimulations. Essentially, the stimulation convinces the brain's activity to synchronize to the external stimulation. Brainwave entrainment involves picking a sound associated with a particular brain wave to alter your state.

### BENEFITS

- o Optimum Learning State (alpha waves)
- o Increased Attention (gamma and beta waves)
- o Improved Memory (gamma and beta waves)
- o Mood Boost (gamma and beta waves)
- o Healthy Sleep (theta and delta waves)
- o Reduced Stress & Anxiety (alpha waves)
- o Enhanced Meditation (alpha waves)



## Cognitive Games

Improve memory, attention, flexibility, speed of processing, and problem solving while having fun playing engaging yet scientifically researched and designed games.



## Technology of Heart-Coherence

Activate Heart-Intelligence - Science-Based Technology for Psychological & Physiological Well-Being. Learn to emotionally stabilize yourself within minutes.



## Technology of Brain-Coherence

Ideal State of Mind - left-right brain hemispheres synchronization for improved brain functioning, greater mental clarity, inner calm, increased productivity and focus.



# HUMAN CAPITAL DEVELOPMENT

is the Key Factor for a Successful & Thriving Business!

Bring world-class training programs to your company! We train large or small groups of executives, managers, employees at a location of your choice and customize the experience to meet your objectives. **Invest in yourself & your team, TODAY!**



## COURSE DURATION

4 Days

10 a.m. to 5 p.m.

(Timings are flexible as per your team's schedule.)



## COURSE MATERIAL

Provided by Futuristic Learning



## COURSE COST

\$299 per-person

10% corporate discount provided upon 20+ enrolled participants.

(Minimum 20 persons enrollment required for on-site trainings.)



## VENUE OPTIONS

### Option 1 – Our Venue

Futuristic Learning Institute (Karachi, Pakistan)

Capacity of 22 participants

### Option 2 – On-Site

At your organization's premises or a venue of your choice.

*(Please Note: Travel, boarding and lodging for trainer and assistant will be borne by your organization if training conducted outside of Karachi, Pakistan.)*



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