



CORPORATE COURSE

SELF-MANAGEMENT

Where Personal Well-Being
Turns Into Organizational Growth

Enterprise-Proven Techniques for Mental, Emotional & Professional Excellence



In today's demanding corporate world, every company is looking for one thing: sustainable growth.

But growth doesn't start with strategies, it starts with people.

Your team is your most valuable asset. When they're mentally clear, emotionally stable, and internally aligned, they perform better, innovate faster, collaborate deeply, and represent your organization with confidence.

Self-Management bridges the gap between personal well-being and professional excellence.

Why Self-Management Matters for Organizations

Technical skills are important, but they don't guarantee performance. Organizations grow when their people are:



Calm under
pressure



Focused and
mentally sharp



Emotionally
balanced



Strong decision-
makers



Cooperative team
players



Reliable with clients
and stakeholders

Simply put: when your people grow from the inside, your business grows on the outside.

Global companies now prioritize Emotional Intelligence (EQ) over IQ because emotionally stable professionals communicate better, build long-term client trust, and handle pressure with maturity.

EQ has become a leading predictor of workplace success.

To stay competitive in a fast-changing world, companies must invest today in the mental, emotional, and relational health of their teams.



The ability to manage your emotions is a stronger predictor of life success than intelligence, talent, or technical skill.

Based on decades of research in self-regulation and emotional intelligence (Harvard-affiliated and peer-reviewed studies)

Mental health is less about the absence of stress and more about the ability to regulate internal responses to stress.

Based on research in emotion regulation and stress physiology (Harvard Medical School and related institutions)

What Is Self-Management?

Self-Management is the ability to live and work in a balanced coherent state, mentally, emotionally, financially, and relationally.

It teaches individuals how to stay centered, focused, resilient, and solution-driven, regardless of workplace pressures.

This skill is essential for:

- ✓ CEOs and founders
- ✓ Senior leadership
- ✓ Middle management
- ✓ Frontline teams
- ✓ Anyone involved in decision-making, planning, execution, or client interactions

A company expands when the people running it operate from their best internal state.



How Self-Management Supports Business Growth



Exponentially grow your business.



Overcome internal teams' growth blocks.



Be more productive and create a stable work culture.

Self-Management is the solution.

Self-Management is a scientifically researched, structured, and results-driven system designed to improve the internal state of individuals, so they can excel externally. It allows organizations to redirect their energy toward core business goals while their teams become stronger, clearer, and more capable. Every tool and technology used in this course is backed by research and designed to reduce stress, stabilize emotions, and support a healthier, more productive workforce. Self-Management is the art of enhancing your internal and external quality of life so you can build a thriving business and a fulfilling life, simultaneously.



4.9 Google Rating

500+ Five-Star Reviews from Happy Customers

This course helped me understand my emotions instead of fighting them. I now respond to life with awareness, not stress.

Adeel



I joined out of curiosity. I stayed because it actually worked. The techniques are now part of my daily life.

Chris



I was constantly overwhelmed and mentally tired. This course gave me a sense of relief I hadn't felt in years. It helped me breathe again.

Kevin



I didn't realize how badly I needed this until I took it. I feel calmer, clearer, and more in control of myself.

Maria



What Participants Will Gain

Your team will walk away with the ability to:

01



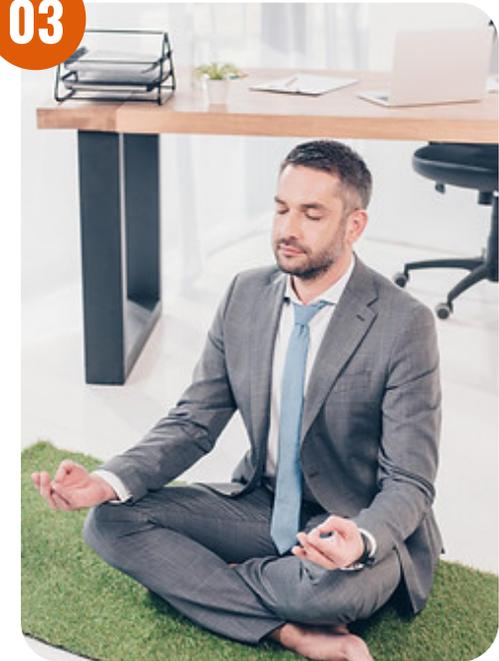
Overcome mental and emotional challenges

02



Improve clarity in business decisions and negotiations

03



Enhance productivity and work performance

04



Increase focus,
concentration, and
confidence

05



Manage mood swings
and emotional
fluctuations

06



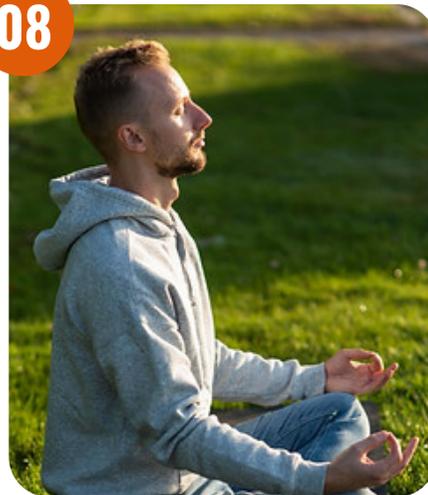
Develop a healthier
attitude toward wealth
and success

07



Strengthen long-term
customer and team
relationships

08



Improved mental
health

09



Foster agility and
resilience in a fast-
changing environment

Course Outline

- Course Introduction and Orientation
- Technology of Self-Management
- Technology of Heart Coherence
- Technology of Brain Coherence
- Stress Relief Techniques for High-Pressure Environments
- Reference Point: Navigating Thoughts to Manifest Success
- Complaint vs. Gratitude Mindset Shift
- Monitoring Input and Output for Better Results
- Grounding Techniques for Emotional Stability
- Neo-Rhythm for Focus and Mental Clarity
- Alignment of Words and Thoughts
- Releasing Blocked Negative Energies
- Restoring Yourself with Positive Healing Emotions
- Relationship Between Intention, Energy, and Food
- Discover the 12 Keys to Experience Freedom
- Eye and Neck Relaxation Session
- Technology of Structured Water
- The Science of Appreciation
- Gratitude Triangle Technology
- Power of Responsibility (Ho'oponopono Healing Principles)
- Pendulum Activity for Focus and Decision-Making

Exclusive Bonuses

- Comprehensive Course Summary
- Complimentary Life-time Refresher Sessions with Our Trainers to:
 - Reinforce key techniques
 - Correct and refine practice
 - Support long-term integration and mastery
 - Live Q&A and personalized feedback
- Abundance Mindset - Guided Meditation
- Coherent Heart - Brainwave Entrainment Soundtrack
- Coherent Brain - Brainwave Entrainment Soundtrack
- Heart-Brain Coherence - Brainwave Entrainment Soundtrack
- Practical guidance to improve the five key areas of life (*Health, Emotions, Relationships, Finances, and Spiritual Connection*)
- Certificate of Completion to recognize your skill development

Wellness Support Devices



PEMF Head Band

A non-invasive technology that stimulates cellular function using electromagnetic frequencies to improve cognitive performance, focus, and mental energy.



Eye Massager

Relieves eye strain, headaches, fatigue, and promotes relaxation through heat, vibration, and compression.



Neck Massager

Reduces neck and shoulder tension, improves blood circulation, and enhances focus and comfort during work.

Success Stories from Industry Leaders



IMTIAZ HUSSAIN ABBASI

Owner, Chain Of Imtiaz Supermarkets

“

I follow the 70/30 rule: 70% time on personal development and mental coherence, and 30% on business. Since practicing Self-Management daily, my business, health, relationships, and overall life have transformed. Everything is now aligned with my goals.





4.9 Google Rating

500+ Five-Star Reviews from Happy Customers

The awareness that change starts within me; not outside, gave me strength I didn't know I had. It felt like a heavy burden was finally lifted.

Hannah



The flow in my finances has improved noticeably, and at the same time my health and relationships are also getting better... Grateful...

Nina



After doing this course, I realized how important emotional balance is; not just for me, but for my children. This was a meaningful investm

Fatima



I took Self Management Mastery for myself, but the biggest change showed up at home. I'm more patient, more present, and more loving with my family.

Sarah





Delivery Options

On-Site Training 3 Days

Best for companies that value in-person coaching, interactive discussions, and real-time team collaboration, delivered right at your office or venue.

Bulk Online Access 6 Months Program

Perfect for remote or hybrid teams. Purchase seats in bulk for cost-effective, flexible online learning, allowing employees to develop skills anytime, anywhere, at their own pace.



Meet Your Trainer



Shehla Mazhar

Co-Founder, Futuristic Learning | Author | Life & Success Coach

With 20+ years of experience, Shehla has guided executives, celebrities, politicians, and professionals in mastering emotional balance and self-management. She has impacted 500,000+ lives, helping people turn challenges into clarity, confidence, and long-term success.



Aamna

Self-Management Consultant

With 17+ years of experience and over 200 workshops delivered, Aamna helps individuals manage stress, heal emotional blocks, rebuild health, and strengthen personal and professional relationships. Her approach is practical, compassionate, and results-focused.



Shomie Alam

Healing Mentor | Cancer Survivor | French Mind Mapping Champion

Surviving late-stage cancer at 15 transformed Shomie's life and ignited her passion for healing and resilience. Her humanitarian work earned her the Lifetime Achievement Award from President Joe Biden. She went on to become the French Mind Mapping Champion, and continues to inspire others through mental excellence and personal strength.

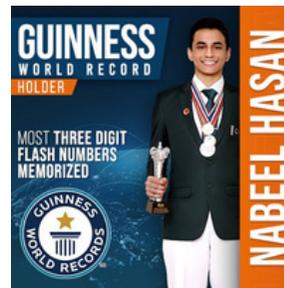
Our Achievements

Where World Champions are Made & World Records are Broken

We are holders of 6 Guinness World Records in Memory.



Meet the Champions Behind the System



Included Resources & Support

We provide **all training materials, handouts, and multimedia resources** to ensure a seamless and engaging experience for your team. Everything you need for an impactful session is included, just bring your team's energy and goals.



Why Choose Futuristic Learning

- **40+ Years of Combined Research & Practice:** Built on decades of work in understanding the mind, brain, emotions, body, and consciousness.
- **Globally Impactful:** Our programs have helped millions of individuals worldwide improve emotional stability, focus, resilience, and quality of life.
- **Practical & Life-Applicable:** Tools you can apply immediately, at work, at home, and under real-world pressure.

Take the Next Step

Transform your team's potential into sustained performance.



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