

IN COLLABORATION WITH



Institute of Social Enterprise & Management

COURSE TRAINER

MR. ARSALAN HABIB

TRAINING EXPERTS

Our Trainers are professional relationship managers and trainers for public sector, social sector, and corporate sector for over a decade. They have provided hands-on assistance to clients and trainees throughout Pakistan in successfully overcoming barriers in interpersonal effectiveness and geared professional relationships towards successful team achievements.

Mr. Arsalan has intervened for numerous organizations in three sectors — Academia, Corporate and the Social Sector. He has helped organizations develop consequential team cohesiveness strategies and manage interpersonal relationships to execute projects effectively.

Mr. Arsalan has helped organizations develop strategic plans with measureable outcomes and has played a key role in achieving results beyond set targets. He is an Entrepreneur and Trainer with proven expertise of managing and leading projects for Public Sector, Social Sector and Private Sector of varying complexities

The **Re-Engineering Relationships** - an Interpersonal Skills Training workshop is designed to help participants discover and value the interpersonal differences between people and take specific actions to improve their relationships with others.

Participants will learn how to

- detect inappropriate & relation damaging behaviors in their given circumstances
- communicate for impact on developing positive staff relationships
- appropriate their behaviors in different given circumstances
- project appropriate behaviors in their given circumstances
- spot ineffective communication signals and styles
- recognize stress causing situations early
- identify a positive influence all around
- create a positive influence all around
- to manage stress causing situations
- detect their vulnerability
- NOT behave under stress

COURSE OBJECTIVES

This learning experience will help you:

- Identify barriers to personal performance more quickly
- Identify blockades to professional relationships and develop a roadmap for overcoming them
- Contribute towards team cohesiveness
- Apply yourself more effectively as a "participatory team member"
- Adjust your style of communication to the situation at hand
- Develop a basic but effective skill set to manage stressful situations and difficult relationships

RE-ENGINEERING

RELATIONSHIPS

the next level of interpersonal relationships

COURSE CONTENT

PART 1: Self-understanding

- A quick and simple self-assessment to identify the specific areas of dis-balance in the 4 domains of Human Existence – Physical, Intellectual, Emotional & Spiritual.
- Based upon (Pakistani born Canadian Psychologist)
 Mahmood Mirza's theory "Balancing the PIES"

PART 2: Skill building in diagnosing interpersonal styles of others

PART 3: Skill building in improving interpersonal effectiveness with

- the boss
- peers
- subordinates
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WHO SHOULD ATTEND

The BUILDING RELATIONSHIPS Training Workshop was developed for all people interested in improving their relationships with others. Since this skill is critical for both work and social success, this Interpersonal Skills Training workshop is highly recommended for all.



Dated: Tuesday, April 22, 2014

Time: 9:00 am to 5:00 pm

Venue: 96-a, G Block (off Qarshi

Avenue), Gulberg 3, Lahore

WORKSHOP DELIVERABLES

- ✓ Workshop Certificate
- ✓ Workshop Manual

WORKSHOP DETAILS

Training Investment: Rs.10,000 **Group Discounts**: Up to 20% for at least 03 participants from the same organization and 25% for 04 participants and more from the same organization

Refreshment: Lunch & Tea



CONTACT US

Contact Person: Kamran Zafar

E: kamran.zafar@biggerpicture-global.com

M: 0333-5361543