



Pakistan Society for  
Training & Development

October 21 & 22,  
2021

09:00am  
to 1:00pm

# GRIT & STRESS RESILIENCE

Location:  
Virtual

For further details

✉ bushra.umais@pstd.com.pk  
☎ 0333-2406753

✉ Shamim.bano@pstd.com.pk  
☎ 021-35857484

PKR Fees:  
25,500 + Gst

## Introduction

The workshop offers an effective and scientific methodology designed to contribute to the individuals' deeper understanding and sense of control over the effects of distressing situations resulting into resilience building behavioral, attitudinal and cognitive changes. It also provides an integrated and holistic approach for an optimum performance and enhanced well-being in personal and professional spheres of life.

## Learning Outcomes

- Being able to identify your stress triggers and how to manage them.
- Using coping strategies and tips for managing stress at work as well as at home.
- Learning effective practical exercises to be equipped with a mental toolkit to handle various challenging circumstances at work and home



**Mr. Yasir Masood Afaq** is a critically acclaimed trainer, OD consultant, life coach and entrepreneur, Yasir Masood Afaq contributes to the knowledge economy by employing empirically endorsed insights of Applied Psychology in his workshops, key notes and consultancies. He practices as a Clinical Psychologist in addition to designing and executing experiential learning and transformational interventions on Work-Life Integration, Cognitive Fitness, Resilient Organizational Culture and Wellness at Work for blue chip corporates, Public Sector Departments, INGOs and UN agencies

