



DISCOVER YOURSELF - FINDING YOUR LIFE'S FOCUS

Mushawar UK Ltd

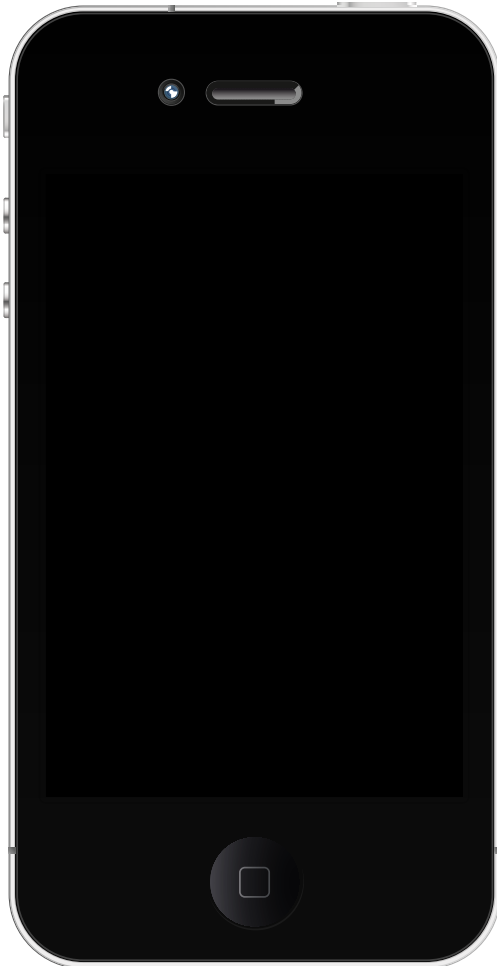
A Personal Development program by Mushawar UK Ltd

www.mushawar.co.uk

DISCOVERING YOURSELF

A Workshop/Motivational Session designed for the Millennials of today irrespective of where they come from and what they do. Entrepreneurs, Small Business Owners, Home-makers and Professionals – All have one thing in common. They are people who increased realization they want to do more & they cannot find their Niche. This program is designed to help educate and empower Millennials to be a better version of themselves with increased focus and understanding of their challenges and their priorities.

WORKSHOP DETAILS



This Workshop is divided into two phases. One is focused on understanding self love and giving importance to one's own identity.

We practice the principle - I am important with our participants.

Then we focus on driving them to find out who they are as a person.

The second half of the workshop then focuses on understanding how they can manage their responsibilities and surroundings. Expectations vs realities. Understanding that if they cannot be super human and 100% all the time it is acceptable and that does not make them weak. Eliminating the victim of life approach and Taking the reigns of their life in their own hands.



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Workshop Design & Flow

5 Modules, 7 Exercises

I AM IMPORTANT

When you are handling multiple threads in your life such as: your family (Parents and siblings), Your Education and personal Development, Your Career, Your Romantic Life (With a Spouse or otherwise), Being Married, Having Children and Dealing with In Laws. It is important to understand one more being that you are forgetting about and that is you, yourself.



I'll do it My Way



WHO AM I?

With all these caps that you put on every day, every hour. Who are you? What do you enjoy? What hurts you? What are your strengths and weaknesses?

If you are not okay, no one else can be okay.

If you cannot take up these battles everyday because you are not you, everything will fall apart.

FINDING US & OUR PURPOSE



I AM NOT WEAK

Understanding that no one can do 10 things at a time. Realizing the opportunity cost. How playing one role at a time does not make you weak. Not letting others take you down for your failures and weaknesses by owning them.



HONESTY TO THY SELF

Honestly recognizing your strengths and weaknesses. Facing the realities in life and committing to only those that are achievable. Living an honest version of yourself for others and for your own self.



PURPOSE LED LIFE

Finding a purpose in life and then focusing on its achievement. Dealing with everything as just a distraction and a means to an end.



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Audience Engagement

5 Modules, 7 Exercises

AUDIENCE ENGAGEMENT

I AM IMPORTANT LESSON 1.0

Audience drafts a list of things beginning with I am Important because... Audience will down the list of roles/responsibilities they have in their lives

WHO AM I LESSON 2.0

Audience drafts a list of items that makes them happy. People, places, interests, hobbies

WHO AM I LESSON 2.1

Audience merges the roles they perform & things that make them happy. Finding the common areas. Then finding the areas that are left out (roles that do not make them happy). Questioning why do i have to do this. Why should i continue doing this. Finding the light in the dark.

IM NOT WEAK LESSON 3.0

Using the no. of hours in a day sheet and marking the roles that they perform down on it. Many roles will be simultaneously being done. Where is the personal time? Things that make them happy how much time are they giving to those areas?

HONESTY TO THYSELF LESSON 4.0

Understanding that there are not enough hours in the day for them to do all that they have to do. SO much so that they don't even find time for themselves. Now fixing this time sheet and taking out time for themselves. Saying no to some items on the time sheet.

AUDIENCE ENGAGEMENT

PURPOSE LED LIFE

LESSON 5.0

From the roles that they absolutely have to perform to the things that make them happy. They need to derive the purpose they feel they should be focusing towards in their lives so that they can term all other things as distractions.



PURPOSE LED LIFE

LESSON 5.1

You can have 1-2 main purpose in life at a time. These may change as you grow older and your interests may change. But for most people a Central Life purpose may remain unchanged for as long as they live. They motivate themselves everyday to reach that end goal.

Giving your purpose a time line, understanding what it will take to reach it and exploring life's options

Get to know our Trainer!

MAHEEN NOOR SOOMRO **DIRECTOR MUSHAWAR UK LTD**

Maheen has over a decade of experience as a Career Coach, Trainer, Technology Recruiter & Headhunting Specialist, Employee Engagement Advisor and a HR Process & Policy Consultant in the Information technology, Retail, Banking & Finance, Media, Manufacturing and Oil & Gas Industries.

Her exposure to multiple industries in Consultancy and Senior HR Professional Roles has helped her immensely in building her network over the years in Pakistan, Middle East, USA, UK and Europe.

From working with C- Level Management, Senior and Mid Level Professionals to Young adults in Trainee and Associate Programs - She has worked on every level of hierarchy within an organization.

This is probably why it helps and enables her to relate to a wider audience when it comes to Career & Management Advice. She is currently a Director running a successful Global firm Mushawar UK Ltd (a HR Agency) in United Kingdom and a Director of Mushawar Solutions (a web development agency) in Pakistan.





THANK YOU

www.mushawar.co.uk

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