

Transform High Stress & Pressure into Peak Performance

April 14 2009, Marriott Hotel, Karachi
April 16 2009, Pearl Continental Hotel, Lahore

Overview

In these challenging times of crisis, one of the biggest casualties has been people's ability to cope with the higher than normal levels of pressure and stress in their work and personal lives. Optimism and confidence toward the future is very low for most people. Unfortunately, this has translated to lower engagement, lower performance, and ultimately to a worse bottom line, creating a vicious cycle of ever decreasing results.

If people in leadership roles are not able to get their energy and attitude up to par with the performance required of them - especially higher than normal to face the challenges that lie ahead - then the same cannot be expected of employees down the line.

It is therefore critically significant to learn the science and art of peak performance, because dealing with adversity and difficulty requires a person be able to rise out of it. Furthermore, in order to succeed in these times requires that a person be able not just to deal with tough times but be able to thrive in them!



Asad Rezzvi, CEO- E3 Global - USA
at the 11th MAP Convention 2008

"Our mission critical and business critical team is under immense pressure. They're facing crushing workloads and we needed to get them trained to not only handle pressure but also to thrive under pressure. Asad's training was extremely practical, actionable, very dynamic and an extraordinary experience. Everyone truly enjoyed it - very different from all other trainings we've done, and we've done many. The team now has much higher engagement and energy levels and they know exactly how to handle the high pressure environment. I fully recommend this training to anyone looking to significantly enhance their performance in a high pressure environment!"

Syed Ahsen Uddin - VP Engro Polymer & Chemicals

Course Objectives

- Have not just normal but much higher than normal energy - optimism, engagement and morale, to tackle tough challenges that will show up in this crisis
- Have the strength of belief and conviction about winning and prevailing in the crisis
- Precisely translate the optimism into action and get your team to do the same in order to produce higher quality actions and results - create a team wide ripple effect.
- Prevent burnout by having extraordinarily high levels of energy, vitality and health in order to bring extraordinary determination to engage with the challenges
- Manage your personal life and relationships in a way that the stress and tension of the environment does not lower your quality of life but in fact raises it!

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Course Leader

Asad Rezzvi is a U.S. based authority in the field of Peak Performance and Influence Psychology. He has a Psychology degree from the University of California at Berkeley. His training is in the field of applied psychology. He's been trained in the Anthony Robbins multi training, intensive trainer-training program, including the elite Leadership Academy for which he was invited on scholarship. Asad was also personally invited by Mr. Robbins to attend his prestigious DWD Leadership training event. Anthony Robbins is the number one Peak Performance expert in the world – a man who Accenture Institute names, "one of the top 50 business intellectuals in the world," and who Harvard Business Review calls, "one of the top 200 business engineers in the world." Asad has also assisted in numerous events, trainings and seminars with Anthony Robbins.

In addition to that he has also studied and practiced NLP and Hypnotherapy with 3 years of experience in therapeutic and non-therapeutic change work. His training and education is for delivering measurable performance increases at the highest levels in business and personal performance.

The Robbins-Madanes Center for Strategic Intervention in San Diego has produced and released a documentary film www.robbinsmadanes.com/products.html featuring Asad, shot live on the day of 9/11, which was shown on CNN Larry King Live. Asad has also been asked to write a memoir, named My Jihad, a personal account soon to be published by a major New York publishing house.

Asad was also invited to speak at the regional Conflict Negotiating Conference held in conjunction with the Mayor of Los Angeles's office, conducted at University of California Los Angeles.

Asad consults with businesses and individuals in the United States, Japan, Europe and Pakistan. In the US he has worked with Fortune 500 executives, Silicon Valley entrepreneurs and individuals. He has regularly addressed public and private seminars for the last 13 years, the largest being a leadership conference with 2000 people from 40 countries.

Asad's focus is in achieving specific and measurable results. When he conducts trainings and seminars he consistently enables performance increases by engaging the most sophisticated psychological technology. As a result he has gotten rave reviews from his audiences, which range from CEO's to middle management. He consistently evokes the best in people because of his intense passion for the work he does and for his deep caring for people. In Pakistan he has conducted corporate and private seminars, which have brought to light the dramatic results he achieves in creating real and lasting behavioral shifts. As a result he's been invited to appear on TV (HUM, Indus Plus, ARY, TV-1, PTV) and radio (Apna Karachi FM 107) several times.

Course Outcomes

- Learn to manage and eliminate stress in high pressure environments, increase personal energy and health levels, and enhance the capacity to engage deeper under pressure.
- Learn to remain fully functional in high pressure environments and manage others also in such an environment. In addition, learn to offer support to each other in terms of functioning as a "pressure valve," that will help dissipate pressure and avoid/reduce stress.
- Learn to view high pressure environments as a welcome challenge and engage at increasingly higher levels and also in perceived crisis situations.
- Learn to offer all of the above resources to each team member and to the entire company in the following months of greater demand.
- Learn to transform a negative environment of fear, worry and stress into an environment of greater caring, support and closer relationships.
- Transform a negative atmosphere at home into a foundation of strength and happiness by increasing the quality of your relationships, removing stress and refocusing your home life.

“A very different and excellent learning experience, made me think differently and see the role of strategic thinking in being a better leader.”

Dr. Pervaiz Ahmed, Managing Director - Bristol Myers Squibb

Course Outline

Defining the current environment in terms of challenges and opportunities

- Extraordinary results demand extraordinary engagement levels – get commitment
- Understanding the challenges & opportunities in terms of the current era
- Levels of rewards > accurate feedback mechanism for peak performance
- When business is down, develop people in order to prepare for opportunity ahead
- Exercise: set objectives: what do you want, what do you take responsibility for?
- Clip: perspective - Clinton - engage all resources: full personal resources challenge
- Balance sheet lies: no acknowledgement of human strength, resilience & creativity

Setting the parameters of peak performance: learning the science step by step

- Qualities of an extraordinary leader > skill & capacity at managing a lot with a little
- Exercise Rituals: success, failure, & stress - habit is parameter of performance
- Energized states activate physiological resources > positive attitude is not optional
- Dissecting the source of inner power and inner energy > take charge of YOU
- Learn how to get into Peak State at will > Tripod
- Exercise: study at UCSF medical school: learning by doing
- Example: Learning from the masters > challenge brings out opportunity
- Clip: what does poor state management look like/feel like > critical recognition
- Exercise: self recognition - habits that lead to stress: dissect the process to stress

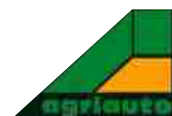
Learn to modulate and tap into various facets of your & other's strength

- Exercise: hope vs. certainty. Step by step method of harnessing power
- Clip: Influencing another person with the power of your conduct (1,2,3 meeting)
- What is focus? Learning to direct your psychology with awareness and elegance
- Exercise: focus on red and look for blue > directing focus and awareness
- What is internal language? Learning to modulate your psychology: Quality Q's
- Inner language awareness: your experience of the world, taking responsibility for it
- Learn the skill and art of pattern interrupts: instant transformation!
- Humor - the single most powerful tool to energize, engage and create instant bonding
- Exercise: psychology in action - engage another person and dissect their psychology

Energy: the singular factor that ensures Peak Results in the most challenging times

- What is health? How you define it is how you experience it
- Exercise: You are what you eat - do you know what to eat for Peak Performance?
- What is disease and health > separate fact from fiction
- What are the sources of energy for the human body > Eye Opener
- Specific guidelines to guarantee extraordinary levels of health, energy & vitality!
- Learn to engage 100% and disengage 100% in order to recharge fully!

Some of Asad's satisfied clients:



Who should attend:

- CEOs, COOs, CFOs
- Human Resources Professionals
- Managing Directors
- Public Relations Executives
- General Managers
- Entrepreneurs
- Department Heads
- Sales Executives
- Regional Directors
- Organizational Development Executives
- Business Development Executives
- Government Officials

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Training | Conferences | Exhibitions

We are a business information firm, having managed and organized over 20 events of various caliber during the last ten months of our operations. Our events, from initiation to conclusion, are handled by our team of professionals, who have a combined experience of organizing over 250 national and international events.

Among our more recent events was the 11th Convention of the Management Association of Pakistan in December last year in Karachi. MAP convention has become the benchmark against which all business conferences are measured. Terrabiz is producing another international conference for MAP on 24-25 April in Lahore. Boeing and many other foreign and local business groups will be participating in that. www.mapconvention.com

Terrabiz organized the first ever conference on Digital Marketing in Pakistan titled Marketing 2.0 which saw the confluence of the top three names in the world of digital marketing – Google, Yahoo and Microsoft, represented by their senior executives from abroad. Global Head of Mobile Marketing P&G was also one of the speakers. www.marketing2.com.pk. Terrabiz also organizes frequent events with Google Pakistan

CIO Pakistan chose Terrabiz to manage their launch event in Karachi in August last year.

Terrabiz is responsible to produce a series of highly successful road shows on the promotion of investment in Pakistani capital markets in different cities. These bi monthly events are jointly hosted by Central Depository Company (CDC), SECP and Karachi Stock Exchange.

As part of our operations, we also facilitate international trainers to conduct public workshops in Pakistan. A few of them were 'Six thinking hats' with Dr. Sunil Gupta, Life Time Master Trainer of Edward de Bono Tools, HR Balanced Scorecard with Alan Fell; Employer Branding with Dr. Olga Kampaxi, and many others. Our recent training workshop participants list includes SSGC, OGDCL, KESC, KAPCO, Pakistan Security Printing Corporation, State Bank, National Bank, MCB Bank, ABN AMRO Bank, HSBC Bank, Saudi Pak Bank, Allied Bank, NIB Bank, Mobilink, Wateen Telecom, Telenor, Siemens, Haleeb Foods, National Foods, Cadbury, Getz Pharma, Sanofi Aventis, Novartis Pharma, PharmEvo, Macter Pharma, Sight Savers, Syngenta, Engro, Coca Cola Beverages, Central Depository Company, HUB Power Station and Aga Khan University.

Terrabiz was associated with the Asia Pacific HRM Congress in Mumbai as the strategic partner for Pakistan.

Terrabiz is also organizing an HR Conference, titled, 'Innovative HR Strategies in Tough Times' in Karachi on 18th April. Amongst others the conference will be addressed by Ms. Saagarika Rai Chief People Officer of Reliance India. In May 2009, we are producing WIBCON 2009 – Women in Business & Leadership Conference for PSTD. The Media, Entertainment and Marketing Festival will follow next.

Register Today

Tel: 021-4550431, 4550319,
Cell: 0300-9220647, 0321-2781000
Fax: 021-4557264,
E-mail: register@terrabilzgroup.com
www.terrabilzgroup.com

Registration Note

Participation will be confirmed *subject to receipt of payment*.

Substitutions are welcome. Please notify us in writing at least two working days prior to the event. All cancellations must be sent in writing, and will carry a 15% cancellation fee, once a registration request is received and acknowledged by Terrabiz.

Workshop fees must be paid in full. No refunds will be given if a written cancellation occurs within 10 working days prior to the workshop. Same applies for delegates who don't attend the workshop without cancellation. Workshop materials will still be couriered to them. However, if you have paid your workshop fee in full and you wish to attend any other workshop from Terrabiz within 6 months of the initial registration, you will only be invoiced for 15% of that workshop fee. Please note that you can transfer only once. In the event of unforeseen circumstances, Terrabiz reserves the right to cancel or postpone the event.

To receive this brochure by e-mail, drop us a line at:

info@terrabilzgroup.com

For onsite customized programs by **Asad Rezzvi**,
Please contact Arsalaan Haleem at arsalaan.haleem@terrabilzgroup.com
or call at 0345-2666178

Workshop Investment:

Rs. **12,500/-** per participant

Early Bird Discount

Every nomination before April 6 2009 will avail 10% discount

Includes course ware, Terrabiz certificate, lunch, refreshments and business networking.

Registration & Payment Options

- **E-mail or fax your nomination(s) to:**
E-mail : register@terrabilzgroup.com
terrabilzgroup@gmail.com
Phone : 021- 4550431 Fax: 021-4557264
- Send your cheque in favour of "Terrabiz" to: Murad Hassan
Suite # 403, Shahwar Trade Centre,
Above Standard Chartered Bank, Allama Iqbal Road branch,
P.E.C.H.S, Block 2, Karachi, Pakistan.
Tel: 021-4550431, 4550319
Cell: 0300-9220647, 0321-2781000

Upcoming Events



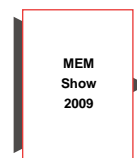
Digital Marketing
By: Farhan Kamal
March 26 2009, Karachi
www.digitalmarketingworkshop.com



HR Conference
'Innovative HR Strategies
in Tough Times'
April 18 2009, Karachi



WIBCON 09
Women in Business &
Leadership Conference
May 2009, Karachi



MEM Show 2009
Media, Entertainment & Marketing Show
May 20 & 21, 2009, Karachi