



EXECUTIVE EDUCATION

UNLOCKING HAPPINESS

*"Happiness is not by chance,
but by choice"*

Jim Rohn

PROGRAM OVERVIEW

In this course you will engage in a series of challenges designed to increase your own happiness and build more productive habits. The course reveals misconceptions about happiness, annoying features of the mind that lead us to think the way we do, and the research that can help us change. You will ultimately be prepared to successfully incorporate a specific wellness activity into your life.

COVERAGE AREAS

Emotional wellness is your ability to power through life's challenges, find joy in your work and life, decrease negative thoughts, increase positive emotions, and achieve success in your everyday life.

- Annoying Features of the mind – Misconceptions about what makes us happy.
- Thinking Traps
- Overcoming Negativity Bias
- Active Constructive Listening
- Increasing Positive Emotions
- Building Optimism
- Building Resilience
- Character Strengths

PRACTICAL APPLICABILITY



**Positive Mental
Health**



**Greater Motivation
and Optimism**



**Identifying Character Strengths
and how to Build on them**

LEAD FACILITATOR

Falak Zehra Mohsin is Senior Lecturer at KSBL. She has been working in the field of mental health and psychology for around a decade. She is also the founder and a counsellor at Holistic Minds.

She has been actively involved in the teaching, training, supervision and counselling of students since 2014, teaching at different higher education institutes in Karachi. She has taught different undergraduate courses at IBA and also undergraduate as well as graduate courses at IoBM and IPP, Bahria University.

As a counsellor, her main focus is helping individuals discover their strengths and resources for development, empowerment, and self-growth. Along with Holistic Minds, she has also been associated with various mental health organizations as well as underprivileged schools.

She is also working with different NGO's and youth organizations to promote mental health awareness. Having been part of different conferences as a panelist to speak about and encourage dialogue regarding mental health, seeking help and reducing the stigma. She writes articles and blogs often published by Global Village Space on various mental health related topics.

WHO SHOULD ATTEND!

- Young professionals
- Managers in corporate organizations
- Anyone interested in psychological well-being!

LEARNING METHODOLOGY

Lectures, Videos, Self-Assessment, Problem-Solving, Exercises and Role Playing etc.



INVESTMENT

RS. 45,000
(excl taxes)

DATE

TIME

09:00 AM - 05:30 PM

VENUE

KSBL

National Stadium Road, Opp. Liaquat, National Hospital, Karachi
www.ksbl.edu.pk