



Fateh

Trainings & Consultancy

BUILDING EMOTIONAL INTELLIGENCE

Training Instructors

Mr. Pervez Fateh | Mr. Fakhar ul Hasan



BUILDING COMPETENCE, INSPIRING CONFIDENCE

Overview

Emotional intelligence is crucial in both personal and professional settings, as it enhances communication, improves relationships, and contributes to effective leadership. Individuals with high EI can navigate social complexities more adeptly and create a positive environment that encourages teamwork and understanding. This course will equip participants with the skills and knowledge to enhance their emotional intelligence for better personal and professional relationships

Why us?

At Fateh Trainings & Consultancy, we bring decades of industry leadership and behavioral development experience to every program. Our Emotional Intelligence training blends scientific understanding with practical application, enabling participants to strengthen self-awareness, empathy, and communication in real workplace contexts.

Through interactive exercises, real-life case studies, and guided reflection, we help individuals transform emotional insight into professional excellence — fostering leaders who inspire trust, collaboration, and performance.



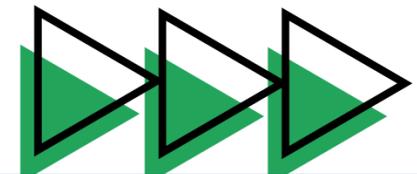
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Objectives

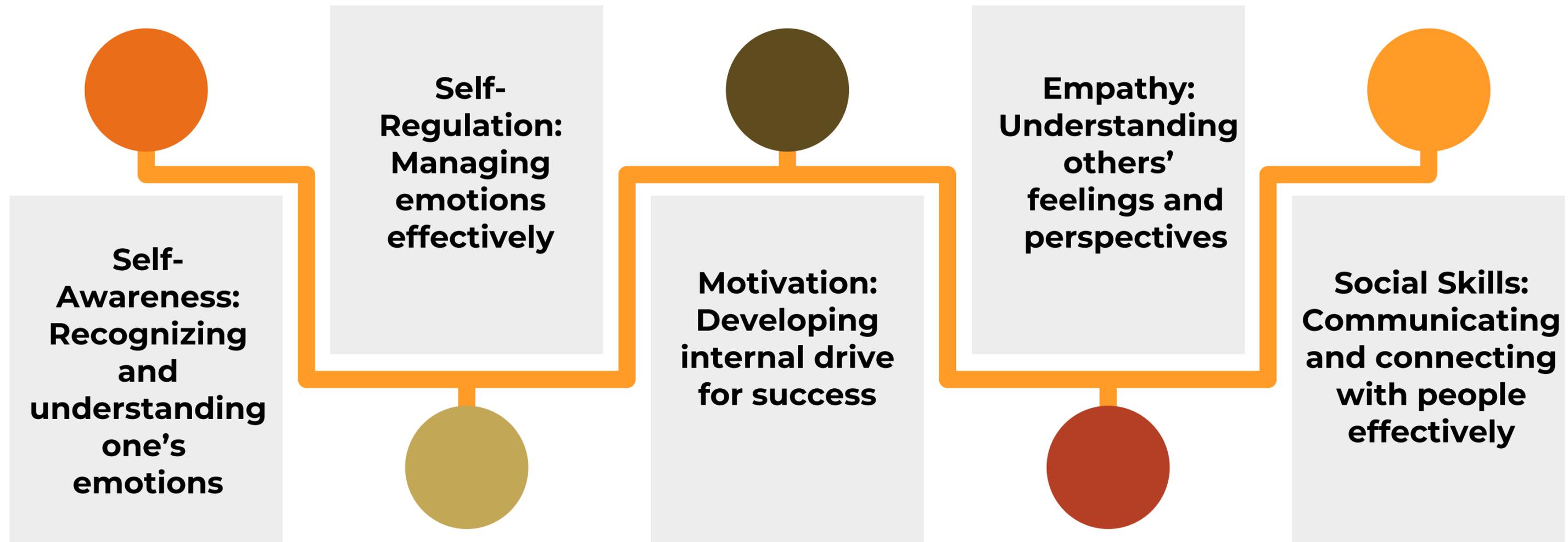
- Understand the core principles and components of Emotional Intelligence
- Develop self-awareness and emotional control
- Strengthen motivation and positive thinking
- Build empathy and social skills for better collaboration

Who Should participate?

Professionals, students, and anyone interested in improving their emotional intelligence



Key Components of EI





Developing Core EI Skills

Self-Awareness & Self-Regulation

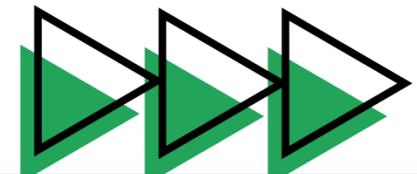
- Identify and label emotions accurately
- Practice self-reflection and emotional journaling
- Use mindfulness and impulse control techniques to maintain balance

Motivation & Empathy

- Understand what drives intrinsic and extrinsic motivation
- Set SMART goals and foster a positive mindset
- Practice active listening and perspective-taking to strengthen empathy

Social Skills & Communication

- Improve verbal and non-verbal communication
- Handle conflicts constructively and maintain professional relationships
- Participate in networking and group exercises to enhance collaboration



Trainers



Mr. Pervez Fateh

CEO, Lead Trainer & Consultant

Mr. Pervez Fateh is a seasoned industrial leader with over 40 years of experience in plant operations, reliability, and executive management within Pakistan's fertilizer sector. A Mechanical Engineer from NED University, he has held senior roles at FFC and Fatima Fertilizer, achieving a 99.6% on-stream factor and a Guinness World Record for 60 million Safe Man Hours.

An advocate of HSE, innovation, and leadership excellence, he has completed executive programs at MIT, the University of Michigan, and LUMS. As FTC's Founder and CEO, he now focuses on developing future industrial leaders through strategic consulting and hands-on professional training.

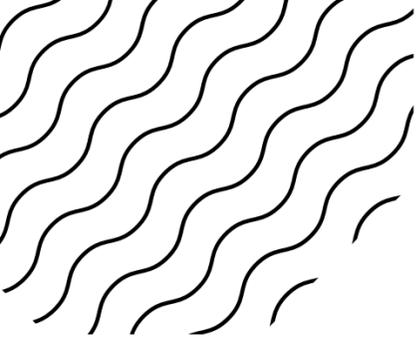


Mr. Fakhar ul Hasan

Senior Trainer & Consultant

Mr. Fakhar ul Hasan has over 30 years of extensive experience in engineering, enterprise systems, and digital transformation across major industrial conglomerates in Pakistan. He began his career in plant maintenance, contributing significantly to the transformation of Pak-Saudi Fertilizer into Fauji Fertilizer Plant-III, where he enhanced service factors and annual production. As CIO and later Group CITO at FFC, he led the company's enterprise-wide SAP implementation and S/4HANA upgrade, developed the OneSAP strategy for 18 group companies, and commercialized Tier-3 data centers. During his tenure as CTO, he collaborated with McKinsey on the PACE initiative, achieving over USD 30 million in savings. A B.Sc. Mechanical Engg (UET LHR), Executive MBA graduate from LUMS and trained at Brown and Wharton, Mr. Hasan is also SAP-certified in PM and MM, recognized for his strategic vision, innovation, and leadership in mentoring future professionals.





Fateh

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Duration

1 day

Location

At Client's Site / Lahore

Training Instructors

Mr. Pervez Fateh | Mr. Fakhar ul Hasan

Get in Touch

 **+92 345 3882040 | +92 300 8670542**

 **info@ftc-consultancy.com**