



PERSONAL GROWTH AND DEVELOPMENT

Training Instructors:

Mr. Pervez Fateh | Mr. Muhammad Siddiq



BUILDING COMPETENCE, INSPIRING CONFIDENCE



Overview

This interactive course helps participants develop key life skills to enhance personal effectiveness and self-awareness. Through reflection, mindfulness, and goal-setting techniques, participants will learn to manage stress, optimize time, and boost productivity to achieve continuous personal growth.

Why us?

At Fateh Trainings & Consultancy, our programs are led by expert trainers who integrate psychology, leadership, and behavioral science to deliver practical personal growth solutions. We combine evidence-based methods, reflective practices, and interactive learning to help individuals achieve lasting self-improvement.

Our approach transforms participants into confident, mindful, and goal-oriented professionals ready to excel in both personal and professional spheres.

Objectives

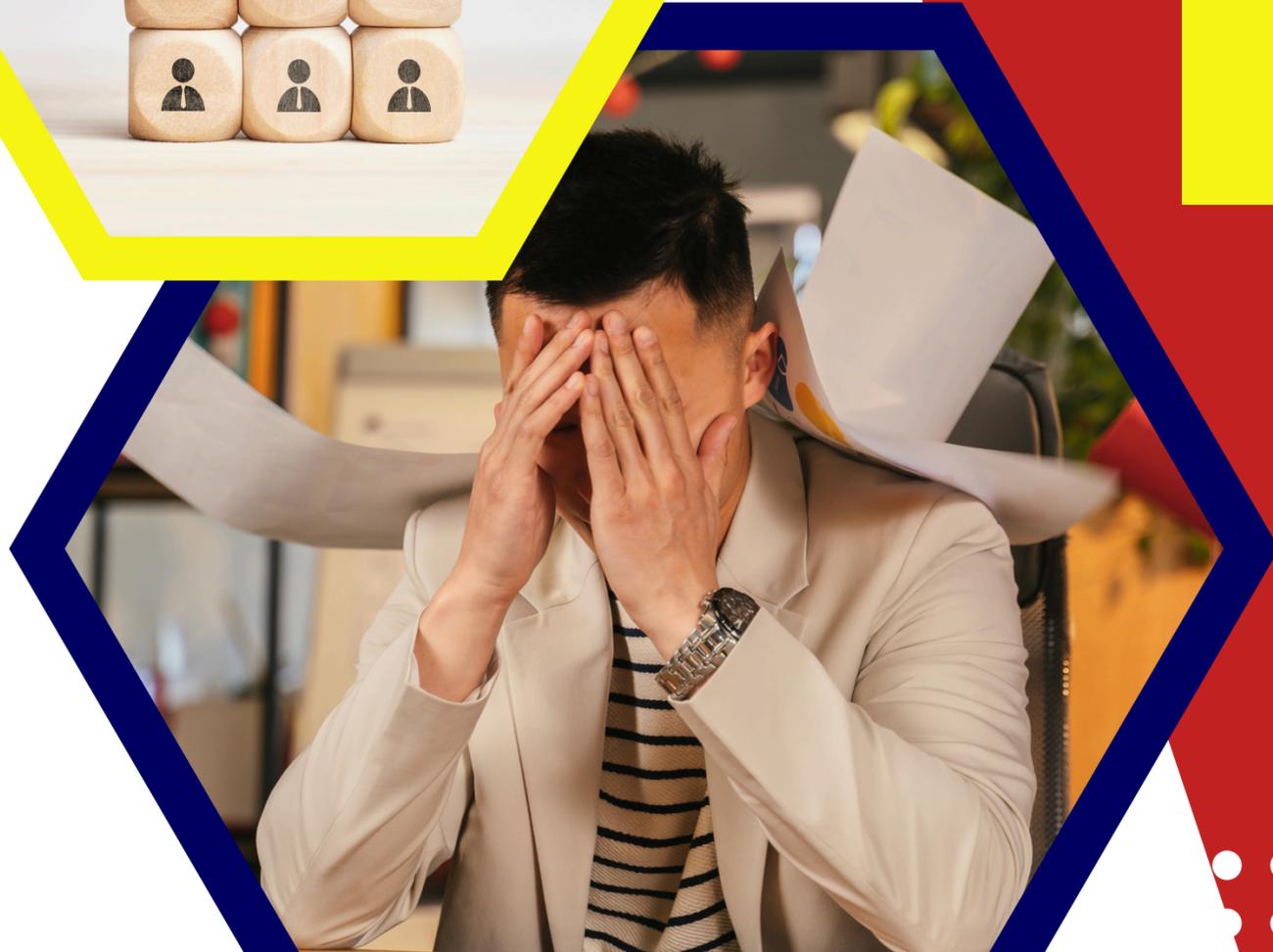
- Understand the concept and importance of personal development
- Build self-awareness through reflection and assessment
- Learn stress management and mindfulness practices
- Master goal-setting and achievement strategies
- Enhance productivity and time management skills

Who Should participate?

Students, professionals, and individuals seeking to enhance self-awareness, balance work-life pressures, and achieve personal and professional growth.



BUILDING SELF-AWARENESS & MINDFULNESS



Understanding Personal Development

- Definition, importance, and key areas of growth.
- Self-assessment: identifying strengths and weaknesses.
- Setting personal development goals through journaling and reflection.

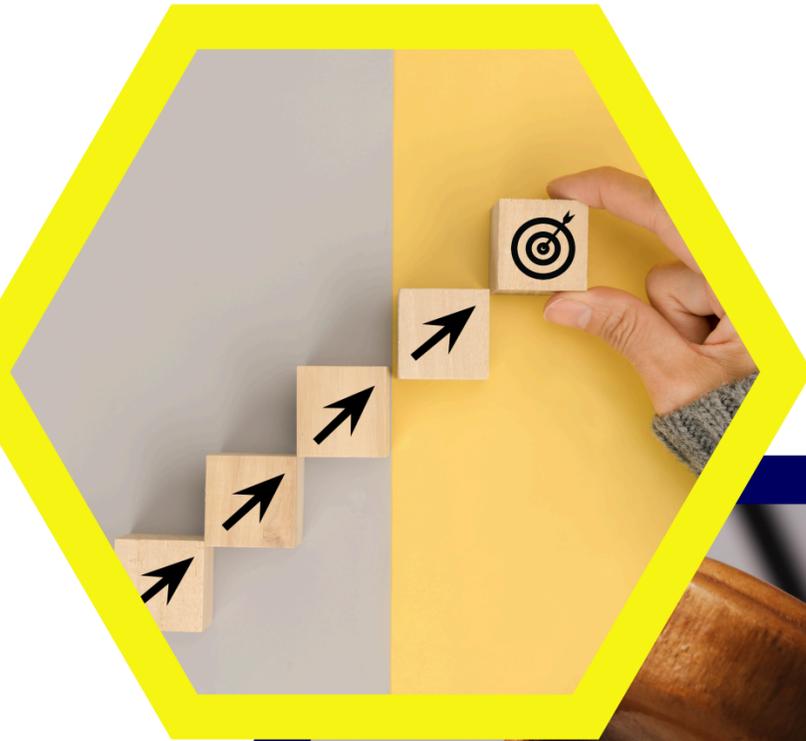
Mindfulness and Stress Management

- Introduction to mindfulness and its benefits.
- Breathing and meditation techniques for focus and calm.
- Identifying stress triggers and managing them effectively.
- Practical exercises to restore mental balance and clarity.





GOAL SETTING, TIME MANAGEMENT & PRODUCTIVITY



Goal Setting and Achievement Strategies

- SMART goal framework (Specific, Measurable, Achievable, Relevant, Time-bound)
- Short-term vs. long-term goals aligned with personal values
- Overcoming obstacles and maintaining motivation
- Visualization and accountability techniques

Time Management Fundamentals

- Understanding time as a key resource for success
- Common time-wasters and self-audit of time usage
- Prioritization tools: Eisenhower Matrix, ABCD method
- Practical planning using to-do lists and calendars

Enhancing Productivity

- Recognizing productivity blockers and distractions
- Strategies to improve focus and efficiency
- Using digital tools for time tracking and task management



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. Muhammad Siddiq

Senior Trainer & Consultant

Mr. Muhammad Siddiq is a highly experienced Chemical Engineer and certified Technical Instructor with over 34 years of service at Fauji Fertilizer Company Ltd. His expertise spans plant operations, process optimization, and comprehensive workforce training across national and multinational industries. A PEC-registered Professional Engineer, he has delivered over 100 technical and soft skills sessions, designed skill enhancement programs, and mentored aspiring engineers through career development initiatives. Known for his hands-on, interactive training approach rooted in adult learning principles, Engr. Siddiq is dedicated to capacity building and continues to empower professionals with leadership, communication, and operational excellence.

Duration

2 days

Location

At Client's Site or Lahore

Training Instructors

Mr. Pervez Fateh | Mr. Muhammad Siddiq

Get in Touch

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