



Fateh

Trainings & Consultancy

THE ART OF LIVING IN THE HERE AND NOW

Training Instructors

Mr. Pervez Fateh | Mr. Fakhar ul Hasan

BUILDING COMPETENCE, INSPIRING CONFIDENCE

Overview

Life constantly pulls us between the past and the future, yet it unfolds only in the present moment. Living in the here and now is not about ignoring time, but about embracing awareness and presence. This approach fosters clarity, calm, and genuine connection with oneself and others.

Objectives

- Understand the significance of mindfulness and present-moment awareness
- Learn how to balance past reflections and future planning
- Explore the impact of presence on personal growth and relationships
- Apply practical techniques to live consciously in everyday life

Key Themes

- Awareness of time and its influence on perception
- Emotional balance through mindfulness
- Building authentic relationships through presence
- Daily practices to anchor in the now

Why Us?

At Fateh Trainings & Consultancy, our motivational and personal development programs are crafted by experts in leadership, productivity, and behavioral transformation.

We focus on turning insights into action – enabling participants to achieve measurable improvements in time management and life satisfaction.

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Understanding & Practicing Presence

Understanding Time

Philosophers, poets, and scientists alike agree that only the present moment is truly accessible. The past shapes our memories, and the future shapes our hopes – but only in the present can we act, grow, and experience. When we slow down, time shifts from being a countdown to becoming a rhythm – in our breath, heartbeat, or quiet reflection.

Why the Present Matters

- Mental Clarity: Presence reduces anxiety by freeing the mind from constant forecasting
- Emotional Balance: Awareness of the now fosters gratitude and contentment
- Relational Depth: Mindful listening transforms ordinary interactions into meaningful moments

Reflection Exercise

- Take one minute each morning to notice five things around you without judgment
- During conversations, listen fully without formulating responses
- End each day noting one moment of gratitude that occurred in the present

Cultivating Presence in Daily Life

Practical Techniques

- Morning Mindfulness: Begin each day with three deep breaths before checking your phone or email
- Journaling Practice: Write one daily observation about your surroundings to build awareness
- Task Re-centering: When distracted, label the thought (e.g., “planning,” “worrying”) and gently return to the current activity

Living with Intention

- Create meaningful goals aligned with present values rather than external comparisons
- Practice gratitude as a grounding habit that keeps focus in the now
- Allow silence and pauses in your day to reset mental clarity

Relationships and Community

- Presence deepens empathy and trust — friends, family, and colleagues feel truly seen
- In communities, attentiveness enhances collaboration and sincerity
- Every act of genuine attention ripples outward, building stronger human connections

Closing thought

To live in the present is not to abandon responsibility for the future or deny the lessons of the past. It is to recognize that the thread connecting both is woven in the moment we are living right now. When we give ourselves to this moment fully, we discover a richer, more meaningful way of being alive.



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. An 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.



Duration

2 days

Location

At Client's Site or Lahore

Training Instructors

Mr. Pervez Fateh | Mr. Fakhar ul Hasan

Get in Touch

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