



SYNERGY
BUSINESS SOLUTIONS



In collaboration with

The Multan Chamber of Commerce & Industry

Full-Day High-Impact Training Workshop

TRANSFORMING HIGH STRESS & PRESSURE INTO PEAK PERFORMANCE

Register Now and Secure
Your Spot!



Wednesday
May 21st, 2025



MCCI Sharah e Aewan,
Tijarat o Sanat Multan

Investment

Rs. 10,000 per participant (Incl. Tax)

Special Discounts

Save 10% when you register 3 participants

Save 20% when you register 5 or more

20% discount for MCCI Members

Note: Only one discount policy will apply per nomination.

Exclusive For:

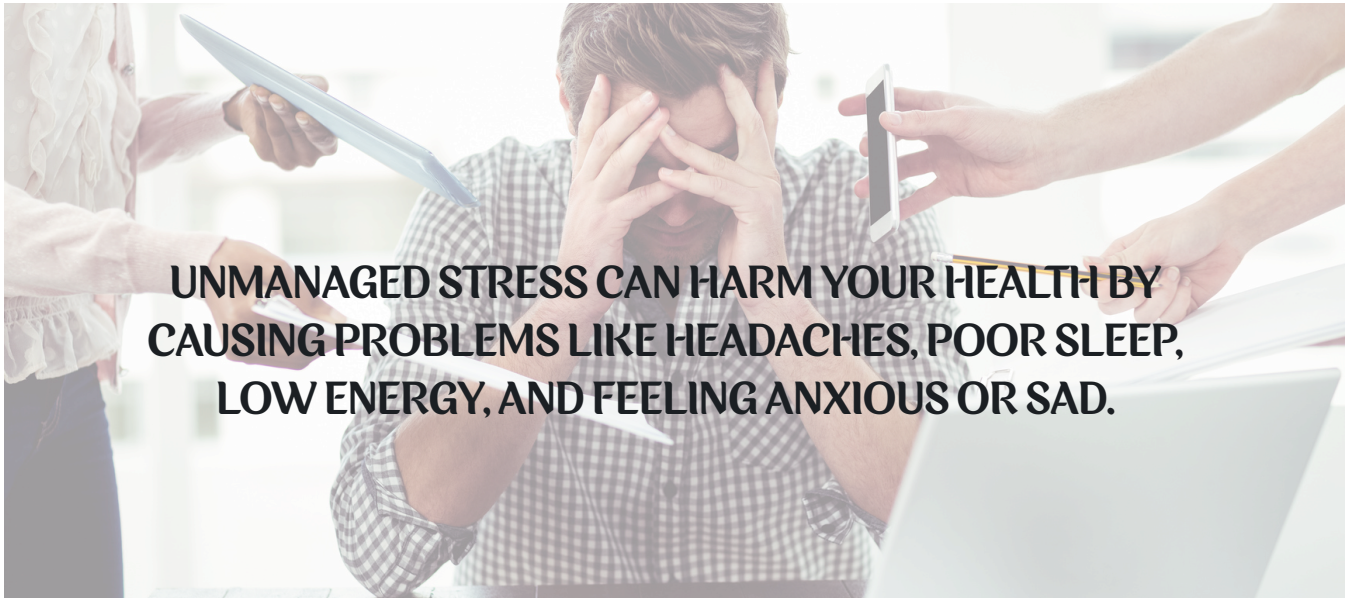
- Professionals & Leaders
- Entrepreneurs & Business Owners
- Managers, Team Leaders & Employees
- Fresh graduates & Individuals committed to personal & professional growth.

10% OFF FOR
THE MULTIPLE
NOMINATIONS

INVESTMENT
10,000 RS

For more information, visit

www.synergybsolutions.com



UNMANAGED STRESS CAN HARM YOUR HEALTH BY CAUSING PROBLEMS LIKE HEADACHES, POOR SLEEP, LOW ENERGY, AND FEELING ANXIOUS OR SAD.

TRANSFORMING HIGH STRESS AND PRESSURE INTO PEAK PERFORMANCE

[Full-Day Training Workshop](#)

We all have to handle stress. It shows up in deadlines, tough conversations, high-stakes decisions, and the everyday pressure to perform. But stress doesn't have to be the enemy. In fact, when it's understood and handled well, it can become one of your greatest strengths. This one-day workshop is designed to help you transform stress into a source of energy, clarity, and resilience. You'll explore practical tools, science-backed strategies, and mindset shifts that help you stay composed, confident, and at your best, even in the most demanding moments.

According to the American Psychological Association, 56% of employees say stress and burnout negatively affect their productivity.

The World Health Organization estimates that stress and anxiety cost the global economy over \$1 trillion annually in lost productivity.

Whether you're managing a team, operating in a high-pressure environment, or just seeking improved ways to manage pressure, this training will equip you with the skills and knowledge to not only survive, but really thrive.

How This Training Will Help You

- You will sharpen your decision-making with stronger emotional control.
- You will boost your productivity by 20–30% through effective stress management.
- You will recover faster after high-pressure situations.
- You will strengthen your leadership presence by staying composed under stress.
- You will enhance your cognitive agility for quicker, smarter problem-solving.





10%

WORKSHOP MODULES:



THESE ARE THE CORE MODULES WE'LL COVER:

Module 1: Understanding Stress – Friend or Foe?

Learn how stress affects the brain and body, distinguish good vs. bad stress, and discover your personal stress response.

Module 2: Peak Performance Under Pressure

Explore brain science behind performance, manage energy, and access flow states in high-pressure situations

Module 3: Mindset Shift – Reframing Thoughts

Practice cognitive reframing to overcome limiting beliefs and build a high-performance mindset.

Module 4: Practical Tools to Turn Stress Into Strength

Learn real-time tools like breathing, visualization, and anchoring to stay calm and focused.

Module 5: Resilience Rituals and Daily Habits

Build psychological strength with daily habits that enhance resilience and prevent burnout.

Module 6: Unmanaged Stress – Health Hazards.

Learn how stress affects your body and mind – from fatigue to high blood pressure.



**KHAWAJA MUHAMMAD
SOHAIL TUFAIL**
(CEO)
Workshop Leader



NATASHA ZAFAR
Workshop Assistant



IZZA NAEEM
Workshop Assistant

SBS PRESENTS

EXCEPTIONAL TRAINERS

TRAINER

KHAWAJA MUHAMMAD SOHAIL TUFAIL

- Business Founder with 30+ years of success
- Executive coach and business advisor
- Certified NLP Master Practitioner (ABNLP)
- Certified NeuroLeadership Institute Coach
- Expert in NLP and brain-based sales coaching

TIMING

**21ST
MAY
2025**

WEDNESDAY
9:00AM TO 5:00PM

VENUE

**MCCI Sharah e Aewan , Tijarat o Sanat
Multan**

OBJECTIVES

- Redefine Stress & Build Awareness
- Enhance Performance Under Pressure
- Develop a Resilient & Empowered Mindset
- Master Tools to Transform Stress Into Strength
- Build Lasting Resilience Through Habits

WWW.SYNERGYBSOLUTIONS.COM
INFO@SYNERGYBSOLUTIONS.COM



SYNERGY
BUSINESS SOLUTIONS



WHAT'S INCLUDED IN THIS WORKSHOP FOR YOU?

- ✓ Certificate of Completion
- ✓ Training Materials & Worksheets
- ✓ Lunch & Refreshments
- ✓ Two Tea Breaks (Morning & Afternoon)
- ✓ Interactive Sessions & Practical Activities

REGISTER NOW!

DATE: MAY 21ST, 2025 WEDNESDAY

LOCATION: MCCI SHARAH E AEWAN, TIJARAT O
SANAT MULTAN

EXCLUSIVE FOR

- PROFESSIONALS & LEADERS
- ENTREPRENEURS & BUSINESS OWNERS
- MANAGERS, TEAM LEADERS & EMPLOYEES
- FRESH GRADUATES & INDIVIDUALS COMMITTED TO
PERSONAL & PROFESSIONAL GROWTH.

REGISTER NOW!

BANK DETAILS

Bank Name: Meezan Bank

Account Title: Synergy Business Solutions

Account Number: 05820100260529

IBAN # PK57MEZN0005820100260529



CONTACT REGISTRATION TEAM

Email: info@synergybsolutions.com

Phone: +92 309 6666117 | +92 309 6662947 | 061 2149655

MODE OF PAYMENT (SOPS)

1. Bank Transfer / Online Payment

Transfer the amount to Synergy Business Solutions' designated account and share the receipt via email or WhatsApp. Payment will be verified within 24 hours.

2. Cash Payment

Pay at our office or designated collection point. A receipt will be issued as proof of payment.



Discover more via our
Website!