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PERSONALITY
OF THE YEAR

**SHEHLA
MAZHAR**

Life & Success Coach

Expert in Improving
WELLNESS & PERFORMANCE
of Corporate Hierarchy



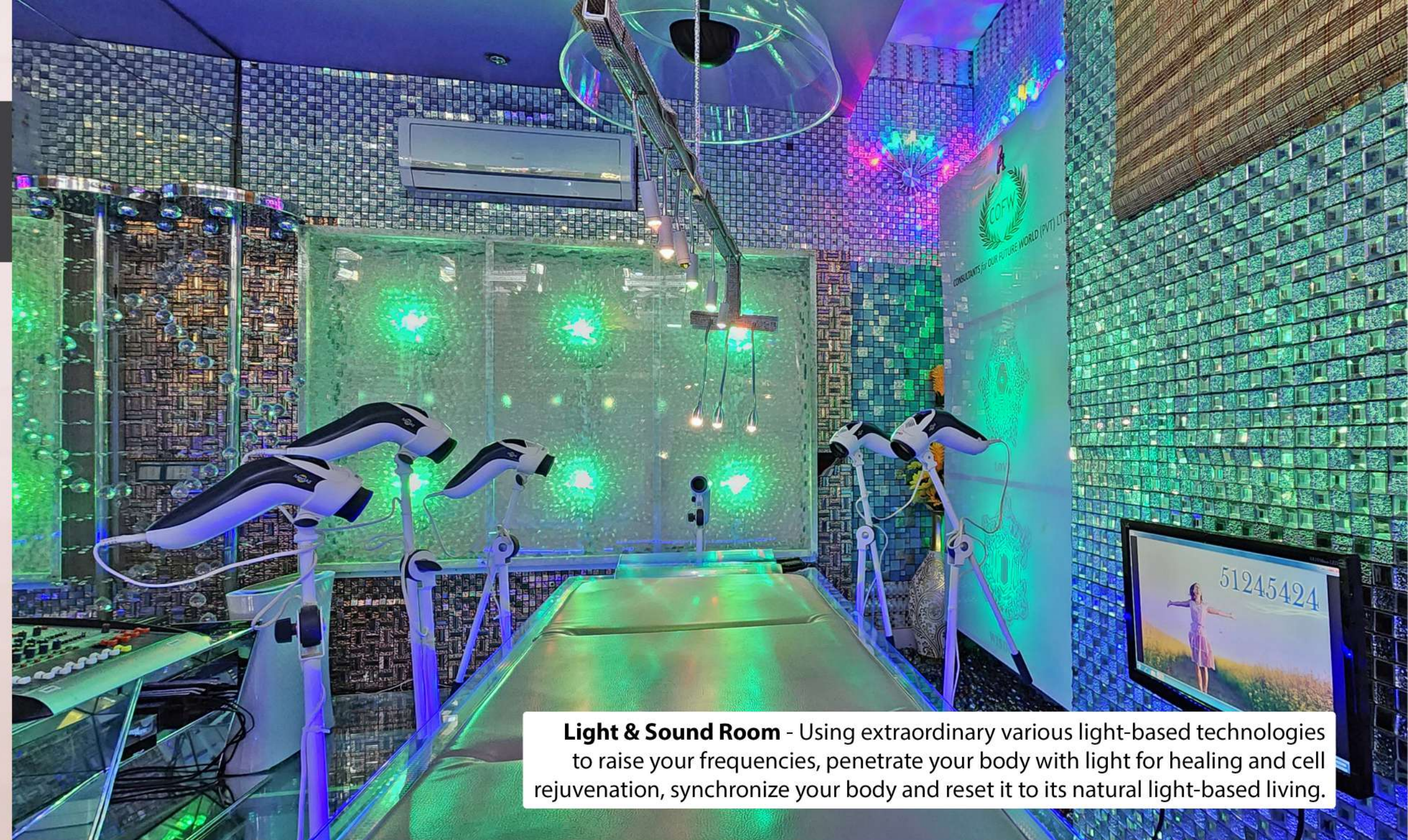
EXPERT

in Improving Wellness
& Performance of
Corporate Hierarchy



SHEHLA MAZHAR

Empowering companies to improve and sustain corporate wellness and performance.



Light & Sound Room - Using extraordinary various light-based technologies to raise your frequencies, penetrate your body with light for healing and cell rejuvenation, synchronize your body and reset it to its natural light-based living.

We are in conversation with the incredibly achieved personality Shehla Mazhar and in this interview we are going to explore in great details, the importance of workplace wellness and how it contributes to and enhances business success. Shehla, it's wonderful to have you with us, please share a little bit about yourself and the nature of your interesting work.

You have rightly said it, my work is quite interesting. I have been leading the project of Self-Management at Futuristic Learning institute as the Senior Life & Success Coach. For nearly 2 decades, I have been transforming lives worldwide, offering coaching services to CEOs, executives & teams of multi-national companies, as well as, celebrities, government leaders, students, & entrepreneurs, for personal and professional development through science-backed Self-Management trainings.

I have also successfully led large humanitarian projects including **Peace through Compassion Project** and **Target Loving Project**, under which my team and I, provided free-of-cost wellness trainings to over 350,000 individuals in an effort to create peaceful and resilient communities.

It's incredible what you have shared so far. You mentioned Self-Management, could you please elaborate on this term a little, as many believe that to mean time-management skills.

Is it time-management you are referring to or more like stress-management?

Stress-management is part of the whole Self-Management spectrum. The literal dictionary definition of self-management is **“the taking of responsibility for one's own behavior and well-being.”** And this is precisely what we mean. Self-Management is owning up to the responsibility of learning how to regulate our behaviors, thoughts, and emotions so that we can enhance the quality of our lives and its experiences.

We tend to seek great convenience in blaming other people, situations, and circumstances for our own disoriented and incoherent lives. Self-Management is all about realizing that no one else can or should have the power over your life. Once you learn to manage YOUR SELF, you can design your life around your desires, becoming truly invincible.

How does Self-Management link to corporate success?

Every business follows a set structure of top-to-bottom hierarchy, starting from owners to C-suite executives, to VPs, to managers, all the way down to rest of the employees. Collectively, these individuals make sure the business is running on its intended vision while growing and earning profits. Hence, a lot of pressure



Shehla Mazhar conducting Self-Management Course at Futuristic Learning's 22-seater auditorium. State-of-the-art technologies used within our institute to give you an optimum learning experience.

is put into enhancing team performance, however, very little is put into their wellness which ultimately reflects on their work and company performance.

We have to accept the fact that everyday life comes with everyday stressors. These stressors knock the brain and body out of balance which inevitably has physiological and psychological effects. It's important to understand that any team's mental and emotional health is the prime driver in team engagement and performance. When business leaders invest in their team's wellness, together they grow and are able to sustain that success growth rate. So, when employees wellness is at its pinnacle, so will be the success of the business.

Can you pinpoint the current issues in our workplace and how does the Self-Management program address those issues?

There is a growing mental and emotional health crisis both in and out of workplace because of the increased stigma around reaching out for help or not finding long-term and long-lasting solutions.

Innumerable amounts of research have shown that increases in stress leads to a decline in work productivity and significant decline in a company's overall success. It is increasingly critical for businesses to address the mental well-being of their teams to build healthier organizations from the inside out.

Is there any correlation of stress and self-management to health improvement?

Of course, there is a massive correlation. Health is a major concern and while there is widespread acknowledgment of employee wellness being critical to organizational

growth, most initiatives are restricted to simply encouraging healthy eating and physical activities. Such initiatives do not fix the collective build-up of unaddressed mental and emotional issues in life, which take toll on work, health, relationships, family, and everything else.

Physical health should be primary concern at work. Stress is the leading cause of all illnesses and diseases because stress weakens the immune system and makes us more susceptible and vulnerable to developing chronic illnesses. No matter the type or cause of stress, the effects of it occur in a continuum, beginning as simple distress in response to stressors, leading to more severe forms of health issues such as, elevated blood pressure, cardiovascular diseases, anxiety disorders, obesity, high blood cholesterol, diabetes, immune deficiency disorders, even including chronic back pain.

When trainings of Self-Management are made a regular practice, the physiological and psychological health both improve, sparing your energy, attention, and concentrated focus to do what is more important in life, such as achieving your goals and improving business success. In comparison, a healthy team running a business will do well vs. a team struggling to maintain its physiological and psychological health.

What programs are offered under Self-Management and what makes your Self-Management program so effective and powerful?

At Futuristic Learning institute we have combined latest top-tier science-backed technologies to unlock an individual's full potential. Be it Self-Management Courses or Super-Learning Courses, we are the pioneers of this initiative in Pakistan.

Self-Management Courses are 3 days courses in which you learn the art of managing and enhancing your internal and external quality of life. This comprehensive one-of-a-kind Self-Management Course will help you discover who you truly are, learn to overcome any obstacles in your life, and allow you to take charge of your reality.

As a result of Self-Management, you will gain absolute CLARITY in life, which will abundantly and effortlessly derive successful results in 5 Wealths: 1. Harmonized **Relationships**, 2. Robust **Health**, 3. **Financial** Freedom, 4. **Mental** Stability and 5. **Spiritual** Alignment.

The quality of your life is defined by your 5 wealths. The mere definition of life is being able to enjoy all five wealths in a perfect balance. Along with lecture trainings, we make the use of powerful technologies such as:

• Pulsed Electro-Magnetic Field (PEMF) Therapy
This is an amazing non-invasive technology even used by NASA to develop wearable garments for spacesuits. It's used to improve body's blood flow which plays a critical role in general health. It stimulates muscle cells for better health and improve oxygen delivery, physical fitness, muscular strength, endurance and energy, increased relaxation, and stress reduction.

• Pulsed Electro-Magnetic Field (PEMF) Headbands - Clinically tested technology embedded in wearable headbands to send pulsed magnetic energy at specific frequencies to precise areas of the body. Because the body, brain, and nervous system are transmitters and receivers of energy, these pulsed energy waves work with the body's natural magnetic fields to speed up

recovery, improve well-being, boost cognitive function, encourage relaxation, improve sleep, restore optimal cell-function and improve physical performance.

• Brainwave Entrainment - We use engineered brainwave sound technologies to shift you out of operating from beta brainwaves into higher levels of brain-states to reprogram DNA, synchronize left and right brain hemispheres and create a sequence of changes that science is just learning to measure.

• Zero-Gravity Experience – At our facility we have multiple zero-gravity massage chairs which recline the body into a position in which there is no force of gravity acting on the body, and accurately targeting pain points to alleviate fatigue and accumulated body stress. The zero-gravity technology was invented by NASA. Astronauts going on space missions assume a zero-gravity position during liftoff, to avoid the intense stress during the sudden increase in gravity while escaping Earth's gravitational pull.



Zero-Gravity chairs at the office of Futuristic Learning, part of Self-Management trainings.



Shehla Mazhar, talking about Self-Management to an audience of over 700 individuals at a workshop hosted by Futuristic Learning institute.

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Self-Management is a course you attend once but adopt as a lifestyle forever. It's about consciously and constantly steering your car, every moment you are on this beautiful journey, called LIFE!

SHEHLA MAZHAR

Life & Success Coach
Head of Self-Management Project
at Futuristic Learning

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Part of advance trainings of Self-Management, this is a Sensory Isolation Chamber - Hand crafted reduced-sensory stimulation chamber, copper coated to electromagnetically shield your body and made sound-proof to provide isolation from not only the light, outside noise, and un-wanted frequencies but to provide the solitude within which your out-of-the world adventures can take place. The outside of the chamber is beautifully layered with real stones from Switzerland.

• **Regenerative Light Healing** – Human is made of light and sound. Light being an essential part, we use penetrating beams of polarized light to stimulate the immune system for healing, replenishing you back to whole on an energetic level as well as physical. So, you can replenish your depleted energy.

• **Chromo Therapy** – Using the science of light and colors, we adjust the body vibrations to frequencies that result in health, harmony and contentment.

What is Super-Learning, you mentioned earlier?

Super-Learning is our second project which is superbly led by our team member Sania Alam. Super-Learning is a system to help professionals and students optimize their brain's information processing skills so that one can learn large amounts of information rapidly and easily. Sania Alam has also trained many youngsters of Pakistan to compete in global mind sports championships and amongst many accolades and titles her students have brought to the nation, most prominent ones are titles of; World Memory Champion, World Speed Reading Champion, World Mind Mapping Champion junior category and 4 Guinness World Records in the field of memory. Sania and her students have received worldwide recognition for their astonishing achievements and contributed a lot for placing Pakistan on the map of intelligent nations.

Does self-management only cater to professionals or individuals from all walks of life can reap benefits as well?

Absolutely, we work with students, professionals, celebrities, government leaders, even housewives, because living a happy and joyful life is basic human right and a very important life skill.

Our approach is a one-size-fits-all, because we do not cater individual issues, rather we work on the core deep rooted causes of stress and provide solutions on wellness. Our trainings are based upon innumerable research conducted on the human brain, mind, heart, and consciousness. Because every human being operates on the basic designed nature, these trainings are for everyone.

Shehla you have highlighted how imperative it is that we all gain such skills of Self-Management. So how can our readers get in touch with you or Futuristic Learning institute?

We conduct regular free awareness workshops every week, anyone is welcome to register. We provide in-person trainings at our institute in Karachi, as well as large group and corporate trainings on-site at a venue of your choice, and one-on-one live online trainings. Very soon we are going to launch our online course which you can learn from anywhere across the world, at the convenience of your home and available time. This online course would be the crux of years of research conducted by our team.

An added valuable addition to our services is that once you train with us, we continue our support with lifetime offer of follow-up refresher sessions, absolutely free-of-cost. Which means you can come back to us to refresh your learnings of self-management techniques as many times as you desire. **Contact details are +92-302-2173794, +92-321-3894095, info@fnow.co, www.futuristiclearning.com.**



Shehla Mazhar (center) with few of her team members. From right, Hira Hameed, Self-Management Consultant, Adina Ather, Client Relations Manager and Anum Mukhtar, from Management Department.