



Consultants

TRAINING CATALOGUE

Enhance your soft skills, gain valuable insights, and give your career a boost!

LEARN AND GROW



About Trainer



With 18+ years in Human Resources and Learning Development, she has successfully led strategic HR initiatives to enhance performance and employee well-being. She has facilitated in-person and virtual trainings for over 15,000 individuals, focusing on leadership, team empowerment, and workplace culture.

Her passion for personal growth drives her to inspire clients through coaching, workshops, and corporate training, helping them achieve transformative success in their lives and careers.

Nazish Khan
Facilitator

Connect Now!

www.nhkconsultants.com

nazishkhan@nhkconsultants.com

+92 325 8456619

Message from Trainer

With a deep commitment to personal growth and development, I leverage my diverse skill set to inspire and motivate clients, enabling them to transform their lives and careers. Whether through one-on-one coaching, group workshops, or corporate training sessions, my goal is to drive success and create meaningful, positive change.

I understand that nurturing a highly skilled and motivated workforce is essential for your company's success. That's why I'm excited to introduce my comprehensive training programs designed to unlock your team's true potential and drive unprecedented growth.



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SOFT SKILLS DEVELOPMENT PROGRAMS

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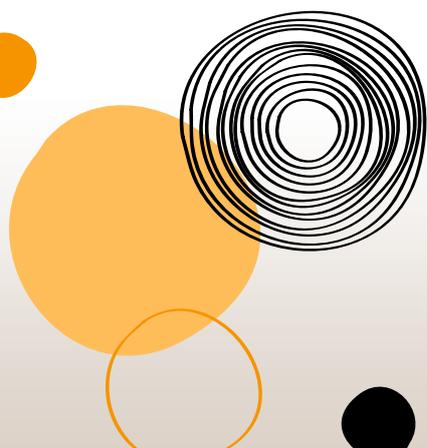
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SOFT SKILLS DEVELOPMENT PROGRAMS

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CONFLICT RESOLUTION MASTERY

This training is designed to equip participants with the tools and strategies needed to navigate and manage conflicts effectively. Conflict, when managed well, can lead to greater understanding, innovation, and stronger relationships, ultimately enhancing performance and productivity.



Course Objectives

- Understand the nature and dynamics of conflict and the factors that fuel it.
- Learn and apply a variety of conflict resolution strategies and techniques.
- Enhance emotional intelligence to handle conflicts with empathy, patience, and professionalism.
- Improve communication skills to prevent escalation and resolve disagreements constructively.
- Build stronger relationships and foster a collaborative work environment that minimizes the negative impact of conflict on productivity and morale.



NURTURING EMOTIONAL INTELLIGENCE

Developed self awareness and self management of personal emotions. Explored ways to advance personal emotional intelligence. Recognised emotions in others, responding to those emotions in order to inspire high performance. Understood the consequences of behaviour and weigh decisions before action.



Course Objectives

- Understand the five key components of Emotional Intelligence.
- Develop self-awareness and self-regulation skills to improve decision-making.
- Learn techniques to enhance motivation and resilience.
- Cultivate empathy and social skills for stronger interpersonal relationships.



MASTERING COMMUNICATION EXCELLENCE

The purpose of Communication Excellence Training is to empower employees with the skills to communicate effectively, clearly, and confidently across diverse professional settings. This training is designed to enhance both verbal and non-verbal communication, improve listening skills, and enable individuals to navigate complex conversations with ease and professionalism.



Course Objectives

- Improve active listening and clear articulation.
- Develop non-verbal communication awareness.
- Increase Confidence in Communication.
- Practice constructive feedback techniques.



BUILDING STRONGER TEAMS

The purpose of Communication Excellence Training is to empower employees with the skills to communicate effectively, clearly, and confidently across diverse professional settings. This training is designed to enhance both verbal and non-verbal communication, improve listening skills, and enable individuals to navigate complex conversations with ease and professionalism.



Course Objectives

- Understand the Importance of Team Collaboration
- Identify Characteristics of Effective Teams
- Prioritize tasks and manage workload efficiently.
- Implement time-saving tools and techniques.
- Minimize distractions and increase focus.



PROBLEM SOLVING & DECISION MAKING EXCELLENCE

The purpose of Problem-Solving Excellence Training is to equip employees with effective strategies to analyze and resolve complex challenges confidently and efficiently. This training empowers individuals to approach problems methodically, think critically, and develop creative solutions. By enhancing problem-solving skills, employees can make better decisions, reduce workplace inefficiencies, and contribute to a proactive, solutions-oriented culture that drives organizational success.



Course Objectives

- Apply analytical techniques to solve problems.
- Make data-driven and logical decisions.
- Assess situations from multiple perspectives.



TIME MANAGEMENT MASTERY

The purpose of Time Management Mastery is to help employees optimize their productivity by prioritizing tasks, setting achievable goals, and managing their time effectively. This training equips participants with techniques to minimize distractions, reduce stress, and create structured work habits. By mastering time management, employees can accomplish more in less time, meet deadlines consistently, and contribute to a more efficient, balanced, and high-performing workplace.



Course Objectives

- Prioritize tasks and manage workload efficiently.
- Implement time-saving tools and techniques.
- Minimize distractions and increase focus.



CUSTOMER SERVICE EXCELLENCE

Phenomenal customer service is not just a differentiator in the marketplace; it's the expectation of every customer. This customer-centric approach to customer service is vital and can only be accomplished if organizations make it their mission to build a strong customer service culture.



Course Objectives

- Understanding Customer-Centric Mindset
- Develop Effective Communication Skills
- Recognise Empathy and Emotional Intelligence
- Develop Problem Resolution and Conflict Management
- Learn Exceeding Customer Expectations
- Continuous Improvement and Measurement
- Learn Cultural Sensitivity and Inclusivity
- Creating Memorable Experiences



NEGOTIATION MASTERY

Negotiation Mastery Training equips employees with skills to navigate negotiations confidently, fostering mutually beneficial outcomes. By enhancing communication, persuasion, and strategic thinking, this training helps build stronger partnerships, resolve conflicts, and drive organizational success.



Course Objectives

- Understand and apply negotiation strategies.
- Build mutual agreements that meet both parties' needs.
- Enhance persuasive communication skills.

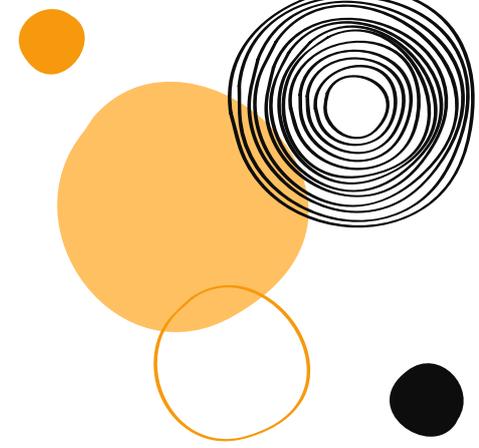


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WELLNESS PROGRAMS

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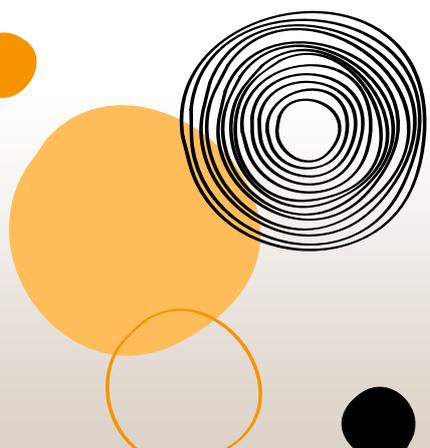
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WELLNESS PROGRAMS

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STRATEGIES FOR WORK-LIFE BALANCE

To equip employees with practical tools and strategies to achieve a sustainable balance between their work responsibilities and personal lives. This training focuses on setting boundaries, managing time effectively, and identifying early signs of burnout to promote overall well-being.



Course Objectives

- Understand the importance of work-life balance and its impact on well-being and productivity.
- Learn techniques for setting boundaries that protect personal time while meeting work demands.
- Gain time management skills that prioritize both personal and professional needs.
- Recognize early signs of burnout and learn strategies for maintaining energy and focus.



STRESS MANAGEMENT & RESILIENCE

The purpose of Stress Management and Resilience Training is to equip employees with tools to handle workplace pressures, adapt to challenges, and maintain well-being. This training focuses on building resilience, managing stress proactively, and cultivating a positive mindset to handle adversity. By mastering these skills, employees can boost productivity, enhance focus, and contribute to a healthier, more resilient work environment.



Course Objectives

- Identify and address stress triggers.
- Build resilience with coping strategies.
- Practice relaxation and stress-reduction techniques.



THE WELLNESS WAY

This training session aims to enhance awareness and understanding of mental health and wellbeing in the workplace. Participants will learn practical strategies to manage stress, promote mental wellness, and create a supportive work environment.



Course Objectives

- Understanding Mental Health and Well-Being
- Common Mental Health Issues in the Workplace
- Myths and Misconceptions About Mental Health
- Recognizing Signs and Symptoms of Mental Distress
- Stress Management Techniques
- Building Resilience and Coping Skills
- Creating a Supportive Workplace Culture
- Encouraging Professional Help and Resources
- Action Planning for Mental Health and Well-Being

Connect with us!

Let's embark on a journey to empower your team like never before. Whether you're looking to upskill your workforce, boost employee engagement, or enhance your company's competitive edge, our training solutions have you covered.

Reach out to us to discuss your specific training needs and explore how NHK Consultants can partner with you to drive lasting transformation.

Invest in your team's growth today and secure a brighter future for your company.

Phone: +92 325 8456619

Email: nazishkhan@nhkconsultants.com

Website: www.nhkconsultants.com

