

# IBA SUMMER SCHOOL 2019 PRESENTS: SPECIAL LIFE SKILLS PACKAGE

**4 INFORMATIVE AND DIVERSE COURSES  
10TH TO 31ST AUGUST, 2019  
EVERY SATURDAY A NEW ADVENTURE  
10:00 AM TO 12:00 PM**

**FOR CORPORATE EXECUTIVES, TEACHERS,  
STUDENTS AND HOME-MAKERS**



## **COURSE 1: HEALING THROUGH ART AND MEDITATION SATURDAY, 10TH AUGUST BY SUKAINA EBRAHIM**

Art can be a calming and motivational outlet for many people. Research shows that art can have a powerful influence on a person's well-being and outlook. Art therapy can help a body filled with stress and fear become relaxed and focused. What is the secret to expanding your awareness to the highest level possible as well as healing yourself? Meditation. What better way to understand your inner circuitry than to go deep within your mind and soul on a daily basis.

### **OBJECTIVES**

- What is Art Therapy
- What is Meditation
- How can one Heal through Art and Meditation?



## **COURSE 2: ANGER MANAGEMENT AND IMPORTANCE OF COUNSELLING | SATURDAY, 17TH AUGUST BY SUKAINA EBRAHIM**

Frustration and anger can quickly turn into defiance, disrespect and aggression if your child is unable to deal with his emotions. When left unchecked, aggression in childhood, such as fighting and teasing, may lead to academic problems and, in the worst cases, adverse effects of a child's mental health. Hence, the concept of counselling enters the picture. Counselling includes a professional intervention, in order to resolve any underlying issues, which may be resulting in anger and frustration in children..

### **OBJECTIVES**

- What is Anger in Children?
- What is Counselling?
- Tips for anger management in children?
- Importance of Counselling?

**COURSE 3: HEALTHY BODY, HEALTHY MIND, ALL ABOUT NUTRITION | SATURDAY, 24TH AUGUST  
BY KHADIJA ABBAS**

You are what you eat... nutrition is an important part of leading a healthier lifestyle. Combined with physical activity, your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic disease and promote overall health. Good nutrition means your body gets all the essential nutrients, vitamins and minerals it requires to work at its best. Our expert on the field of nutrition and health sciences will conduct a workshop on the importance of appropriate nutrition, meal management and planning. The importance of fixing common eating problems with various age groups, from picky eaters to community individuals shall be highlighted. Our health specialist will also focus on importance of food as medicine.



**COURSE 4; PARENTAL STYLES AND ATTRIBUTES  
SATURDAY 31ST AUGUST  
BY BATOOL MANKANI**

Child-rearing attitudes are cognitions that predispose an individual to act either positively or negatively toward a child. Attitudes most frequently considered involve the degree of warmth and acceptance or coldness and rejection that exists in the parent-child relationship, as well as the extent to which parents are permissive or restrictive in the limits they set for their offspring.

The workshop will help in understanding the DOS and don'ts and also help to assess different parental styles which will ultimately be beneficial in raising an exemplary generation.

Target Audience: Teachers/Parents



**COURSE INVESTMENT:  
RS 10000 FOR COMPLETE &  
RS 9000 FOR ANY 3 COURSES  
15% DISCOUNT FOR REGISTERING  
BEFORE 16TH JULY**

**IBA Summer School 2019**

Center for Executive Education  
For Registration

Ph.: 021-38104700-01 Ext: 1541

Email: [sschool@iba.edu.pk](mailto:sschool@iba.edu.pk)

Website: <http://summerschool.iba.edu.pk/>

# Our Trainers...

## **MS. SUKAINA EBRAHIM: TEAM LEAD**

Ms. Sukaina Hussain has been an educationist for the past 15 years. She has taken various courses on Behaviour Management amongst students, on Children in Trauma and Child Psychology. She is also a Resource and Remedial person as well as a students' counselor.



## **MS. BATOOL MANKANI**

Batool has been affiliated in the field of education for more than 19 years. She achieved an honours and master degree in various fields of science. Trained teachers for various sessions related to child development. A PGCC CERTIFIED, and administrating the middle and secondary sections of reputable school. Counseling parents and senior students for the past many years.



## **MS. KHADIJA ABBAS**

Khadija Abbas is a Clinical Dietician and Nutritionist. She holds a Masters degree in Nutrition Sciences. She is a well presented, self motivated and confident individual with an experience of over twelve years in assessing the clients' nutritional needs and implementing nutritional programs for them. She is also a member of Pakistan Dietetic Society. Currently, she is associated with WB by Hemani as a Health Care Consultant.