

# IKTAR

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## Breaking the Barriers Holding Back Your Success



## Unleash Your True Potential and Achieve Your Goals

**A Power-Packed One-Day  
Professional Training by IKTAR**

Helping industry leaders and  
professionals transcend limits to  
excel in today's competitive world.




*"Success begins the moment you break through  
the barriers you once thought unmovable."*

*--- Shaqqaat Jilani*

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# Breaking the Barriers Holding Back Your Success

## Unleash Your True Potential and Achieve Your Goals

Unlock a transformative experience designed to push beyond the limits of conventional success. This program, Breaking the Barriers Holding Back Your Success, is tailored for ambitious professionals, executives, and leaders in the corporate world who seek a meaningful change in their performance, mindset, and long-term growth. Step up to the next level and learn to unleash your true potential with practical tools and insights led by industry experts.



Course Leader

## Shafqat Jilani

Shafqat Jilani is a seasoned business leader and expert in soft skills training, with over two decades of experience in corporate training, management consulting, and online education. Besides his master's degrees in Marketing and Applied Psychology, he is a certified Master Trainer of The Futures Group USA and a certified Productivity Consultant of APO Japan.

Shafqat has successfully trained professionals across diverse industries, specializing in leadership development, change management, HR strategy, and digital transformation. His unique approach combines in-depth psychological insights with practical business strategies, making his training sessions both impactful and engaging.

As the founder and lead trainer at IKTAR, Shafqat is passionate about empowering organizations and individuals to thrive in today's fast-paced digital landscape. His training programs are designed to be interactive, practical, and tailored to the specific needs of his audience, ensuring that participants leave with actionable skills and a clear path forward.

### KEY BENEFITS

01

**IDENTIFY AND OVERCOME PERSONAL & PROFESSIONAL BARRIERS**

02

**STRENGTHEN LEADERSHIP & DECISION-MAKING SKILLS**

03

**ENHANCE EMOTIONAL INTELLIGENCE & RESILIENCE**


04

**SET AND ACHIEVE HIGHER GOALS**

05

**DEVELOP A GROWTH-ORIENTED MINDSET**

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# Breaking the Barriers Holding Back Your Success

A Power-Packed Professional Training by IKTAR

## Who Should Attend?

This program is ideal for:

- Corporate Executives & Managers
- Emerging Leaders & High-Potential Employees
- Professionals Seeking Personal & Professional Growth
- Individuals Aiming for Career Advancement



## Why Choose IKTAR?

At IKTAR, we specialize in world-class training solutions that reflect the needs and values of the modern corporate landscape. Our training modules are meticulously designed to align with international industry standards, fostering not just personal growth but also driving organizational success.

- **Industry-Leading Trainers:** Sessions conducted by trainers with extensive corporate experience.
- **Global Best Practices:** Incorporating the latest industry insights, research, and trends.
- **Real-World Application:** Training strategies you can implement immediately for impactful results.



Helping industry leaders and professionals transcend limits to excel in today's competitive world.



## Key Benefits

- **Identify and Overcome Personal & Professional Barriers**
  - Pinpoint the unseen barriers that have been holding back your potential and craft a strategy to overcome them effectively.
- **Strengthen Leadership & Decision-Making Skills**
  - Develop advanced skills in leadership and decision-making, empowering you to navigate challenges with confidence and clarity.
- **Enhance Emotional Intelligence & Resilience**
  - Build emotional resilience and strengthen interpersonal skills that drive impactful and influential communication.
- **Set and Achieve Higher Goals**
  - Learn the principles of goal-setting and achieve alignment between personal aspirations and organizational objectives.
- **Develop a Growth-Oriented Mindset**
  - Cultivate a mindset focused on continuous improvement, resilience, and adaptability. This training empowers you to embrace challenges, turn setbacks into opportunities, and remain proactive in achieving both personal and professional milestones.

# Training Day Timeline

Title: **Breaking the Barriers Holding Back Your Success: *Unleash Your True Potential and Achieve Your Goals***

Duration: **9:00 AM – 5:00 PM**

## **8:30 – 9:00 AM | Registration and Networking**

- Welcome participants, registration check-in.

## **9:00 – 9:30 AM | Opening and Program Introduction**

- Trainer Welcome: Brief introduction to the day's objectives and program modules.
- Icebreaker Activity: An engaging group activity to establish rapport among participants.

## **9:30 – 11:00 AM | Module 1: Barrier Identification & Goal Reassessment**

1. Identifying Barriers
2. Goal Setting with SMART Framework
3. Reassessing Personal and Professional Goals
4. Group Discussion and Sharing

## **Team Break (15 min)**

## **11:15 AM – 12:45 PM | Module 2: Strengthening Leadership & Critical Thinking**

1. Developing Leadership Mindset
2. Strategic Thinking Exercises
3. Adaptability in Dynamic Environments
4. Q&A Session

## **12:45 – 1:30 PM | Lunch Break**

## **1:30 – 3:15 PM | Module 3: Empowering Communication & Emotional Resilience**

1. Self-Awareness Techniques
2. Managing Stress in High-Stakes Environments
3. Building Emotional Intelligence
4. Practical Q&A and Debriefing

## **Tea Break (15 min)**

## **3:30 – 4:45 PM | Module 4: Creating a Long-Term Success Mindset**

1. Building a Sustainable Growth Mindset
2. Innovation and Continuous Improvement Techniques
3. Self-Improvement and Accountability
4. Final Reflection and Takeaways

## **4:45 – 5:00 PM | Closing Remarks, Certificates & Group Photo**

- Final words from the trainer.
- Distribution of certificates of completion.
- Networking Opportunity: Participants are encouraged to connect and share contact details.

## Shafqat Jilani

Lead Consultant & Trainer  
Executive Director – IKTAR

Shafqat Jilani is a distinguished lead trainer at IKTAR.org, renowned for his dynamic approach to business training and management consulting. With a rich professional background spanning over two decades, Shafqat has empowered numerous organizations to achieve excellence through innovative training methodologies and strategic consulting.

### Professional Highlights:


- **Expertise Across Industries:** Shafqat has collaborated with top-tier multinational corporations including Eli-Lilly, FedEx, and Futures Group. His extensive experience in sales, marketing, human resources, and training management has positioned him as a versatile and knowledgeable consultant.
- **Innovative Training Techniques:** Known for his willingness to explore new frontiers, Shafqat employs modern training methodologies and cutting-edge learning tools to deliver impactful training sessions. His sessions are designed to be highly interactive, flexible, and comfortable, fostering an environment conducive to effective learning.
- **Certified Master Trainer and Consultant:** Along with his university degrees in Marketing and Applied Psychology, Shafqat is a certified Master Trainer from Futures Group Washington DC and a Certified Productivity Enhancement Consultant from APO Japan. He brings a wealth of expertise in competitive selling, international marketing, market research, team management, and project management.
- **Extensive Training Experience:** With over 800 training workshops conducted, Shafqat has a proven track record of delivering high-quality training programs. His workshops cover a wide array of topics including personal skills development, market share management, and customer satisfaction.
- **Strategic Consultancy:** Beyond training, Shafqat offers strategic consultancy to corporate clients. His services encompass strategy formulation, capacity enhancement, project management, niche navigation, and improving corporate environments. His holistic approach ensures clients achieve sustainable growth and success.

### Personal Approach:

Shafqat Jilani believes in the power of self-learning and continuous improvement. His training sessions are not just about imparting knowledge but also about inspiring participants to explore their potential and embrace lifelong learning. As a motivational speaker and coach, he combines practical insights with motivational guidance to help individuals and organizations thrive.

### Get in Touch:

Shafqat is always eager to connect with professionals and organizations aiming to excel. For training sessions, consultancy services, or speaking engagements, you can reach Shafqat Jilani at:

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