



Panther Power Corporation
A world transformed from inside Out

Building Resilience and Self-Regulation for Employees

According to the American Institute for Stress, eighty (80 %) percent of workers have reported feeling stress on the job with nearly half saying they need help in learning how to manage stress.

Stress can also cause unwanted consequences such as physical, emotional, and behavioral problems which can affect health, energy, well-being, mental alertness, and personal and professional relationships

Who Should Attend

Individuals who need to perform optimally and productively within a fast-paced environment.

Training Objectives

By the end of the four-session program, participants will:

- Improve their level of resilience and ability to self-regulate
- Practice evidence-based techniques for self-regulation
- Enhance their capacity for creating nurturing relationships with others
- Be able to handle stressful situations with composure
- Improve their ability to make intelligent and appropriate decisions under pressure
- Practice heart-mind coherence building techniques which improve productivity, enhance the ability for out-of-box thinking and build resilience in all aspects of the self

Methodology and Approach

The teaching methodology of this course combines formal theoretical instruction in HeartMath concepts with frequent reference to actual workplace scenarios. The course is designed to be practical and interactive, with plenty of opportunities to ask questions. Participants will be required to practice concepts from each session and be prepared to share their experiences (without breaching personal confidentiality) during subsequent sessions. The program will unfold in the following way:

- Training is delivered in four sessions held one to two weeks apart between sessions
- Each session will be between two-and-a-half to three hours in length with short comfort breaks as required
- Sessions will be held at the client's location to minimize employee travel time
- Sessions may be customized in format, content, and delivery according to the needs of the client

About the Facilitator

Shamir S. Ladhani, P.Eng., M.Eng



Shamir is a former Vice-President of ENMAX Power Corporation with over twenty years of experience in managing professional, trades and administrative staff. He is a transformational leader whose mastery of motivating and inspiring others helped his team successfully navigate through shifting organizational and regulatory changes. Shamir left ENMAX in 2014 and founded Panther Power Corporation to pursue his passion for inspiring others in tapping into their highest potential. He is an international speaker, a leadership trainer, and a senior management consultant. He has been invited to deliver workshops in Canada, United States, Europe, and Mexico (see his LinkedIn profile - <https://www.linkedin.com/in/shamirladhani/>).