

Channelize Your Inner Energy: Dealing with Stress & Improving Focus

In today's fast pacing world, stress has become a standardized emotional and physical state. It is no longer seen as an abnormal state instead considered as an "obvious" reaction. Within professional capacities, teachers are more likely to experience stress due to professional-personal responsibilities and obligations. It brings out a negative impact not only on their performance but also on the overall emotional and cognitive state. Consequently, not only their performance is affected but also their influence on students is also compromised. In this regard, this lecture will help in dealing with stress, improve teachers' emotional intelligence, and help them maximize focus in the professional-personal sphere.



Dr. Zobi Fatima is an Assistant Professor at Iqra University. She is associated with academia for three years and has taught in different universities in Karachi. She has also conducted training sessions with teachers and students regarding emotional intelligence and mindfulness. Dr. Fatima is an amateur writer and literature reviewer.

Day: Saturday **Date:** May 29, 2021
Time: 12:00pm to 1:00pm

Registration Link

<https://docs.google.com/forms/d/1cziVR2CXP-K3a-3q6b0IPdx6x1IzZTtLkGNVqp-cl/>

Zoom Link

<https://us02web.zoom.us/j/3543926299?pwd=cTlwWTJhVzRqRHMvZks0Si9DNIU0QT09>

Meeting ID: 354 392 6299

Passcode: ACD-439

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