

## FEEDBACK FROM THE PERSONAL DEVELOPMENT COURSE; MODULE 1 DAY 1

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Asalaamu Alaikum Br Kauthar,

I just wanted to say thank you for today and coming all the way to London to deliver the course. I found the course very beneficial and would have loved for you to continue, had time permitted us. Nevertheless JazakAllahu Kheyr, I'm looking forward to the second part and hope to hear from you soon, confirming the details.

May Allah swt reward you for your efforts and make our intentions solely for His sake, Ameen.

Warm Regards,  
Tasleem

Former Contact Manager, Islamic Relief

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Kaushar

Having completed an Executive MBA and attended various leadership courses I was sceptical as to what I would learn in one day. This course was a real-eye opener in understanding and refreshing some of my knowledge on personal development and leadership. The facilitator has an excellent knowledge of the subject and presents complex concepts in a way, which is practical and useful in everyday scenarios. I would strongly recommend this course to both experienced and potential leaders working in challenging environments.

Iqbal Vaza – Head of Information Systems, London Borough of Tower Hamlets

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Salaam Br Kauthar

Jazak Allah Khair for the slides it is really kind of you to share them with us.

I found the course to be extremely beneficial. It covered so many important skills which we need in all aspects of our lives, personal and professional. I found the course to be very practical. There were many points covered which I will implement in life. I left the course with an Iman boost and left feeling very motivated. I would encourage everyone to attend this valuable course and learn about themselves. I felt the course leader was very knowledgeable, engaging and funny! It was a brilliant day filled with fun, knowledge and self discovery.

Wsalaam

**Humaira Aslam**  
HR Officer  
The London Clinic

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Asslamu Alaikum Brother,

Thank you for the course your energy, your work and your time.

Ma'sha'allah when you want to find some things out in life if you are sincere Allah swt will guide you to that.

The truth is brother I was wanting to know the Islamic perspective on certain self-development issues and mas'sha'allah I got that when I attended your course.

I believe that your course has the potential to be taught frequently to all the Muslims all over the UK etc.

Your course was fun, inspiring, knowledgeable and well needed and it personally filled that gap that I was looking for.

I am very passionate about this subject due to overcoming many hard trials and tribulations in my life that has made me realise that most times all you need is the right person at the right time just like when I went to your course you was the person that I needed for that perspective that I was looking for.

I'm even more happier now after attending your course. Thank You

May Allah swt bless you and your family in this world and the next. Ameen

Lorna Strachan

Middy Support – Local Government School London

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Salam Bro. Kauthar,

I hope you are well, I would like to thank you for arranging the program at NUI last Sunday, I attended the course and enjoyed it thoroughly.

The course has helped me understand issues pertaining to personal development and my general outlook on day to day scenarios; I also feel I have benefited greatly in my personal relationship with my spouse and other family members. Thanks to Allah I have been practising Islam for several years now, but always lacked that good character, my wife always had to ask me to smile (hence the reason I actually booked myself onto the course!)

I really feel as many people as possible should take a course like this, I'm so happy you arranged this; I pray that Allah keeps your family and you strong. I enjoyed the humour throughout the presentation and even try to follow your advice by smiling when I'm in/and leaving the mosque!

I look forward to future programs in London.

On a personal note, I have listened to many lectures by many admirable scholars, but learned so much from you; what's more most of that knowledge I already had but didn't realise. I also think every Imam should have a session with you.

Thanks once again, I have also sent a gift on my behalf to the address on your website for your attention, please remember my family and me in your Du'as.

Salam.

Br. Imran Majid

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Jazakallah for sending me the slides I had opened up my e-mail to ask you to do so but was pleased that as promised you had already sent them. Keeping promises, mashallah a Muslim trait.

I attended the course on Personnel Development and was really pleased with both the content and the days layout. There was a good mix of information as well as exercises which helped to demonstrate the theories further. I have previously been on Management courses and felt this was similar in style which I could relate to but with an Islamic Context which I liked. Several topics were covered with illustrations from the quran and hadith so was very informative. Having attended the course energised me in believing that I too can make small amendments to my everyday life, which will not only assist in me becoming a better muslim but I will also be gaining reward by following the sunnah. I am a qualified accountant and housewife and feel I can use the knowledge I learned in both areas of my life both personal and professional. I look forward to attending Day 2, jazakallah for your efforts in making the course enjoyable and beneficial.

Regards

Fauzia  
Financial Accountant

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Assalamo Allaikum Brother,

Three of us (Nasima, Hena and I) attended your course today, Alhamdulillah we found it really beneficial as it was within the context of Islamic perspective and something we agreed we will try and apply to our day to day life. May Allah bless you for the wonderful facilitation of this. Salam

Abeda Rahman

Team Manager, London Borough of Tower Hamlets

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Assalamo Allaikum brother Kauther

Thank you so much for delivering the Islamic development course. Mmashallah it was very informative and beneficial. It teaches me to think twice to benefit others in sha allah and to forgive. Forgiveness is a blessing from Allah swt and we should use it in abundance. If we think about others before we think of ourselves just like our prophet Mohammed s.a.w, then the roots of Islamic knowledge will surely give its fruits of the Deen.

Inshallah may Allah swt reward you for your kind efforts. Ameen

Arefa Molvi  
The Lions Academy Trust

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Assalamu-alaikum brother Kaushar

Thank you very much for sending the slides from the seminar on 30<sup>th</sup> September. I thoroughly enjoyed being in the company of my fellow brothers and sisters of the ummah. The seminar was delivered with very high inspiration and excellent enthusiasm; it has made a significant impact on me as a Muslim woman, mother, sister, daughter, wife and a manager of a very large section in the public sector.

This seminar Insha-Allah has provided me with tools to deal with some very difficult and complex issues of people management at work from an Islamic perspective. I was struggling with the issues of managing people from a diverse background for whom my new change in dress code (hijab and jilbab) has become a big issue. By attending the course I feel that Allah has given me guidance of how I can deal this issue, without taking the harsh approach but by reflecting on the practice examples of the prophet pbuh.

Once again thank you for delivering this message to me and others in the group.

Kind regards

*Hena Ahmed*

Team Manager  
CLA North Team

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Brother

I found the course inspiring, spiritually enlightening and engaging. Brother Kauthar made the topics simple to understand and related Islam to, day to day life. It was a fun and at the same time rewarding.

Thank you.

Ms Sudef Younas

Amanah Business Development Manager  
[HSBC Ilford](#)

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AA Kuashar,

I thought the course was amazing. I thoroughly enjoyed it and came away with enthusiasm to better myself in many areas. The course is a great kick start to achieving personal goals. May Allah truly reward you for your work.

JazakAllah Khayr.

**Kelly Glynn**  
**Director**  
**1 X-treme Clean Ltd**

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Assalamu-alaikum Br Kauthar,

Alhumdulillah on the whole I loved your persona, u were a very positive & friendly facilitator. I'm glad you made a mention about punctuality as I was 1 of the few that made sure I was there ready to start for 9 am, you were more polite about it than I would have been as I personally don't

think there is any justification for this behaviour (genuine cases aside). Due to the late start I felt the end was rushed a bit plus when you did ask whether we should break for 5 mins at times I felt we did need it (where the majority voted to carry on) as it was a bit too much information overload for me. The nature of your course appeared to be 1 that required some interaction and as Asians we do have more inhibitions when compared to our non-asian counterparts I feel so I was a bit more reserved than I would have been had it just been all sisters say.

This is not a reflection on your delivery but the venue at Noor Ul Islam was a bit cold.

This is all I can think of to say for now, I hope it has been of some use inshAllah,

Jzk Khayr again for coming down & for delivering it practically for free! May Allah reward you immensely for your intentions

Wasalam

Sr Shereen  
Library Assistant

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Kaushar

Thanks for sending us the slides. Please see the following review.

Dear All,

I would recommend anyone wishing to take ownership of their daily life problems according to the light of Sunnah and Quran, to attend this workshop.

I was very much pleased with the contents of the workshop along with the simple techniques to apply in one's life. I really learned a lot that day.

Kaushar delivered in a great style and made it more enjoyable by allowing participants to take active part at various stages. I took complete control of my 'Negative Thoughts' after applying the techniques taught that day. Now I can sleep well at nights :).

Many Thanks  
Mukhtiar Khan

IT Manager

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Aslaamalaikum

I attended day 1 and found it a very interesting course and will be attending day 2 (inshallah)

One of the most interesting subjects (for me) was the communication style of the Prophet Muhammed (SWS).

I have been mostly taught western behavioural techniques at uni & at work! Br Kaushar reminded us simply as Muslims we already have the best example available our beloved Prophet SWS! He had an exemplary communication style and won the hearts and minds of everyone. Very simple and effective so who needs any western technique! There were a lot of other areas covered such as anger management, turn negatives into positives. Handling conflict etc. All of these were backed by hadith and Quranic verses.

I recommend the course it is very beneficial

Don't just take my word for it view the testimonials in the email below .Please mention to others also

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Shakil Ahmed MBCS  
Fugitive & Offender Management London

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Assalamu Alaikum brother Kaushar.

Alhamdulillah, this course was very good and very beneficial for me. It was fun and interactive. It really touched my life and changed my views about how to handle situations in a better way. I felt like I came out of the course with so much positive energy and Rahma.

I thank Allah for giving you the ability for passing your knowledge onto us so May Allah reward you generously with all His blessing.

I hope you can continue to do this even more because our brother's and sister's really need this and they won't realize how much they needed it until they attend the personal development course.

Jazakallahu khair.

Wasalaam your sister in Islam.

aminakhanam@hotmail.co.uk

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Salam brother Kaushartai,

Jazakallahukhyr for last months invaluable course and for sending through these slides.

As an assistant research psychologist and someone who is aware of psychological techniques for personal development, I was very keen to learn about the islamic teaching on this. Having completed day 1, I was not left disappointed. I was very impressed on how relevant information from the Quran and Hadith were collated and and presented. Learning a set of personal development techniques is useful, but as a Muslim and an aspiring psychologist, the teaching of the the Prophet's (SAWS) was much more valuable to me. I was also pleased that you highlighted the importance of emotional intelligence; Having conducted research in this area, I too believe these traits to be essential for understanding the self and others. I believe that I have learned a lot from this course and have since made an effort to practice what was taught.

I very much hope I can make the course on the 14th inshallah. I have forwarded/ recommended this course to people on my email list.

Jazakallahukhayr again,

Sister A  
Assistant research psychologist  
[asmae\\_d1@hotmail.com](mailto:asmae_d1@hotmail.com)

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Asalaamu alakum Brother Tai,

Hope you are in the best of health and emaan inshallah, I attended part one of this course and alhumdulillah it is one of the best courses I have ever attended, I learnt so much valuable knowledge on a subject that I desperately needed assistance with alhumdulillah. I actually left the second day of another course which I had already prebooked (But didn't realise dates clashed) just so I can attend your course and I'm so glad I did!!

since attending a lot has happened, my dad having a biopsy, waiting for results, being the victim of internet fraud (they took over £500 from my account, and it was over my overdraft limit), I've had so much anxiety to deal with, I really wish to attend your course as I

know I can learn so much from you inshallah, self-development is passion in life however due to financial circumstances I was hoping for a further reduction inshallah.

May Allah reward you with success in the duniya and success in the akhirah inshallah I hope to attend many if not all of your courses in the future so please keep me informed

sister Munawar Ahmed

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## FEEDBACK FROM THE PERSONAL DEVELOPMENT COURSE; MODULE 2

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Assalamu Alaikum Brother Kauthar,

JazakAllah for today & two weeks ago, may Allah reward you immensely for your efforts in delivering the course.

I thoroughly enjoyed the way you delivered the course in particular the way you delivered the message in a humble & concise manner as well as engaging.

For me I learned that the Quran & Hadith have so many valuable lessons we can learn from & apply to our everyday lives.

The most important lesson I learnt today was how to be in the present state of mind & the exercises we did, really bought that message home.

I would definitely recommend this course & any other course that brother Kauthar runs as for me you deliver the message both humbly and passionately.

InshaAllah I can act upon what I have learnt over the two days.

Wassalaam

Abdul-Haleem

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Salam brother,

I would like to say how much your course today has been of benefit to me. The skills i learnt today are indeed transferable in all aspects of our lives. This information i will share with others around me for it is close to common sense that we have forgotten.

You have been clear in your explanations and elaborations for a greater sense of understanding in topics discussed.

The interacting of the attendees and tasks you provided us with not only helped us to learn more about ourselves and others but what a difference a group can make when working together for a bigger outcome.

The tools provided are lifelong tools that i will continue to share with all those around me from all paths of life.

The course overall has indeed merged me and my belief, to be true to Allah.

Shokran.

INAAYA Francoise MONTOUTE

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Salam brother,

As promised, I am sending you this email to tell you a little bit about my experience at your class today.

To be honest, I didn't have any intention to attend your class - but my good friend Aida Azlin (may Allah always be by her side) invited me to join her for the class. I have always been interested in Personal Development - and when I saw that the class would be from an Islamic point of view - it was a no-brainer.

As for the class, I sincerely loved every minute of it. I think that quite a few people felt a bit sleepy after lunch, especially during the part where you spoke non-stop for quite a while - but apart from that, it really was amazing.

My favourite thing about the class is both the community aspect (we are all brothers), the knowledge you shared with us which inshallah we will apply to benefit our lives and the lives of people around us - and the fact that everything you were teaching was a much needed reminder.

There were many times throughout the talk when I felt like crying due to the honesty and sincerity of your words. It just made sense. And for the first time in a very long time I prayed my 5 times a day and continue to do so from now until the day that I pass away inshallah.

It was an overwhelming experience, a much needed one - I would definitely recommend it very highly to all of my brothers and sisters.

You have given me back my faith and my prayers, and for that I am forever thankful and you will always be in my prayers.

May Allah always be with you.

Best,  
Karim.

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Salam Sister Tasleem & Brother Kaushar,

It was lovely to have attended day two and enjoyed thoroughly. This time I was happy to have taken with me my husband who benefitted enormously and intends to implement the learning which started with him getting up for Fajar this morning MashaAllah.

Please send me the power point so that I can share the learning with others.

InshaAllah we hope to invite you in the future may be at Redbridge Islamic Centre to have a seminar on something around Islamic etiquettes for Muslim Children and Islamic perspective on parenting.

I personally benefitted greatly from both the days and feel it's something I will implement in my everyday life to enhance the quality of my life here and to prepare for the hereafter inshaAllah. Please let me know of any future courses. A big thank you to you brother Kaushar for doing this, and for making it so interactive and engaging.

Salam

*Abeda Rahman*

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May Allah reward you with success in the duniya and success in the akhirah inshallah  
I hope to attend many if not all of your courses in the future so please keep me informed

sister Munawar Ahmed

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I would like to thank you for delivering such a beautiful and dynamic course (Islamic Personal Development Course days 1 & 2). It's been a few days since the course and I'm already finding an improvement in my awareness and the effects of my actions on others. I can't stop talking to my relatives and friends about the topics we covered.

The course was thought provoking and a real eye opener for me, it's certainly the first time I've been to such a course by a Muslim organisation and actually looked at ways to improve myself from an Islamic perspective. There are so many Islamic talks I've been to in the past which focus on the Muslims being the victim however this course turns the thinking round 180 degrees by looking at ourselves first by applying a few very simple but powerful techniques.

This was a thoroughly enjoyable course and I would **highly highly** recommend any Muslim to invest a couple of days to this course. You won't be disappointed.

Salaam,  
Rafique Mohammed  
Married with 3 children  
32 Years old  
IT Consultant

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Asalaamu Alaikum Warahmatullahi Wabarakatuhu,  
I have attended the seminar today. I found the seminar very useful to my everyday life both in the professional and personal arena. I am grateful to Allah for giving me the opportunity to attend these seminars. I pray to Allah to give brother Kaushar the tawfiq to continue with this good deed as this has helped me my colleagues who have attend to focus our thoughts and reminded us of the path to Imaan. The courses have enabled me to think of many ways of how I can and should and insha Allah will implement the sunnah in my everyday life.

Thank you very much. May Allah reward you.

Hena Ahmed

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Asslamu Alaykum Brother,

I thoroughly enjoyed the course as this complemented the part 1 session. It has given me an understanding of emotional intelligence which everyone needs to have knowledge on.

Lorna Strachan

Midday Support – Local Government School London

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