

Dear Brother/Sister in Islam Assalamo Allaikum

Two Days Personal Development Course based on Quran and Sunnah (Module 1 and Module 2)

For those who have not attended Module 1 but wish to attend Module 2, may do so, as Module 2 is also a stand-alone programme

Aksaa Ltd would like to invite you to this unique workshop on Personal Development focusing on improving yourself and to prepare yourself for the hereafter.

Module 1	Module 2
Date:	Date:
Venue:	Venue:
Time: 9:30am to 4:30pm	Time: 9:30am to 4:30pm
By the end of the course you will learn:	By the end of the course you will learn:
<ul style="list-style-type: none">• The art of forgiveness• Anger management• How to Manage Stress based Quran and Hadith• How to increase your level of patience• How best to reach the level of Ihsan• How best to resolve personal conflict• How the Prophet pbuh turned negatives into positives and how you can master this in your personal life• How to be in a positive state of mind	<ul style="list-style-type: none">• How to be in a PRESENT state of mind• How to improve Emotional Intelligence from an Islamic Perspective• Effective Time Management Techniques• How to Motivate yourself and others to please Allah SWT• How to be confident in yourself• Confronting your Ego and being humble• How best to avoid Jealousy• Easy Good Deeds/Easy Evil deeds to avoid

To book your place, please contact:

The above courses will be delivered by Kauthar Tai who is a fellow member of the Institute of Leadership and Management and the International Stress Management Association

In the last two years, over 2500 people have now gone through the various Aksaa courses delivered by Kauthar in different towns and cities including Cardiff, Bristol, Glasgow, Blackburn, Dewsbury, Batley, Leeds, London, Liverpool, Newcastle, Bradford, Sheffield, Birmingham, Leicester, Manchester, Kent, Sweden, Barbados, etc. with very positive feedback