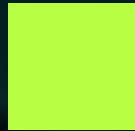


Qamar Consulting

December 2025



Employee Well-Being Program



A Comprehensive Family
Centered Well-Being Initiative.



PREPARED FOR

HBL-Habib Bank Limited

Presented By,

Dr. Qamar ul Hassan

CEO (Qamar Consulting)

Founder Of QITD

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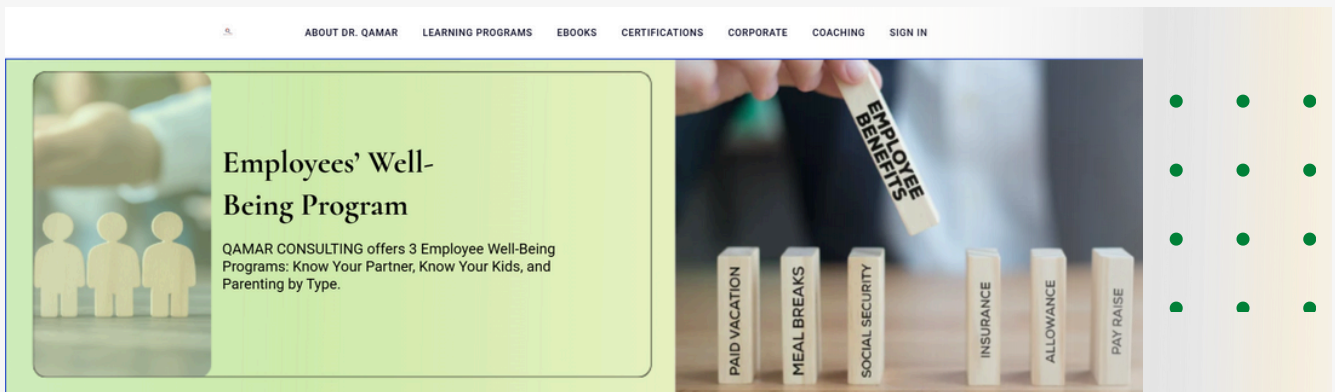
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Program Introduction

The Employee Family Well-Being Program is designed to support employees by strengthening the most important part of their lives their families. When relationships at home are healthy, communication is clear, and parenting feels manageable, employees experience greater emotional stability and improved focus at work. This program has three Core Components.



01. Know Your Partner

Understand & Discover your partner's TYPE, communication style, emotional needs, and stress patterns.

02. Know Your Kids

Identify your child's personality type, learning style, motivation triggers, and behaviour patterns.

03. Parenting By Type

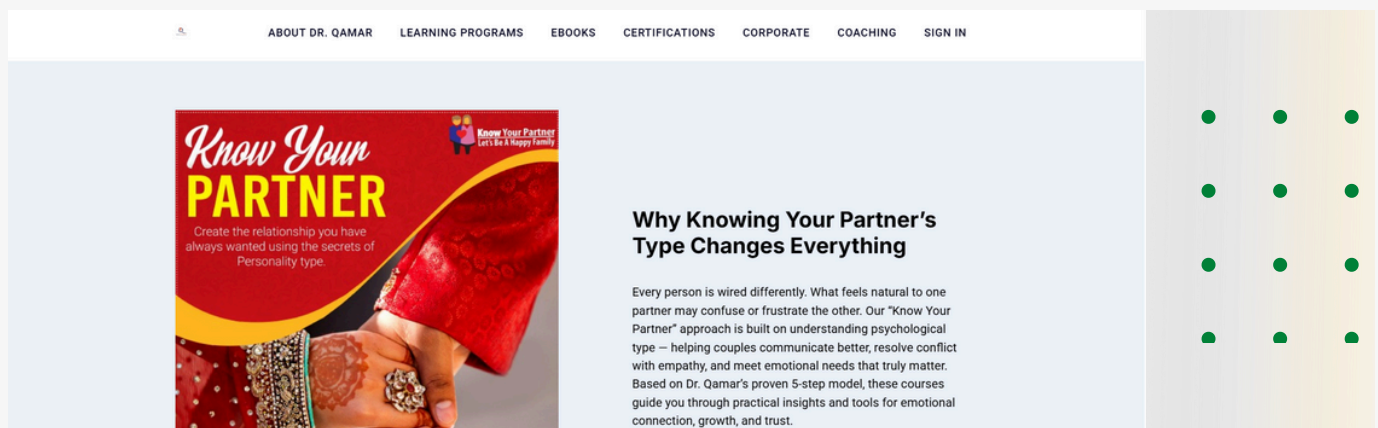
Discover your own parenting strengths and blind areas based on your personality type for more effective and harmonious parenting.

1

Know Your Partner

Understand your relationship through personality insight.

This module helps employees discover and understand their partner's personality, communication patterns, emotional needs, and stress responses. By improving empathy and reducing conflicts, it supports healthier, more harmonious relationships at home.



1. Better Communication

Helps employees communicate in a way their partner understands, reducing misunderstandings.

2. Stronger Emotional Connection

Enhances empathy by revealing emotional needs and stress patterns.

3. Healthier Conflict Resolution

Gives employees tools to manage disagreements calmly and respectfully, creating harmony at home.

Steps To Know Your Partner

1

Discover Types



2

**Understand Types via
Video Lessons**



3

**Reports and
Compatibility**

What You Will Learn?

1. TYPE Introduction & Assessment

Understand why personality types matter & discover TYPE through 5- Step Model by Dr. Qamar explore detailed explanations of each type, and learn how these insights transform your relationship.

2. Video Lesson By Dr. Qamar

Access to 10+ exclusive video lectures from Dr. Qamar ul Hassan and follow the 5-Step Personality Discovery Model to identify your own and your partner's type accurately.

3. Partner Reports & Compatibility Reports

Receive your partner personality reports and compatibility report that highlight key traits, strengths, challenges, and the dynamics between your two personality types.



Resources You'll Get

This program provides expert-led learning and powerful tools to help you deeply understand personality types and how they shape relationships. Through structured assessments, detailed explanations, and bilingual content, you gain clarity about your own and your partner's natural patterns. Personalized reports further reveal strengths, challenges, and compatibility dynamics. Together, these resources make it easy to build a stronger, healthier, and more harmonious relationship.

- **Partner Profile**



- **Compatibility Report**



2

Know Your Kids

Understand Your Child Through Personality Insight

This module helps employees identify their child's personality type, learning style, and behaviour patterns so they can parent with greater clarity, connection, and confidence.



1. Clearer Understanding

Helps parents recognize their child's natural strengths, needs, and behaviour cues.

2. Better Communication

Supports parents in communicating in ways that match their child's emotional style.

3. Reduced Daily Stress

Makes routines smoother by revealing what motivates or frustrates each child.

Steps To Know Your Kid

1

Discover Kid's Type



2

**Know Your Kid's Types
via Video Lessons**



3

**Kid's Report and
Understanding Kid Report**

What You Will Learn?

1. Discover Your Kid's TYPE

Understand why personality types matter & discover TYPE through 5- Step Model by Dr. Qamar explore detailed explanations of each type, and learn how these insights transform your relationship.

2. Video Lessons for Kids' Types

You will get complete video lessons on your Kid's TYPE. These lessons break down How type behaves, learns, expresses emotions, and builds strengths, helping you understand your child on a deeper level.

3. Your Kid's Report

You will receive a detailed kids' personality report based on your child's exact type. This report highlights their strengths, challenges, learning style, and emotional needs.



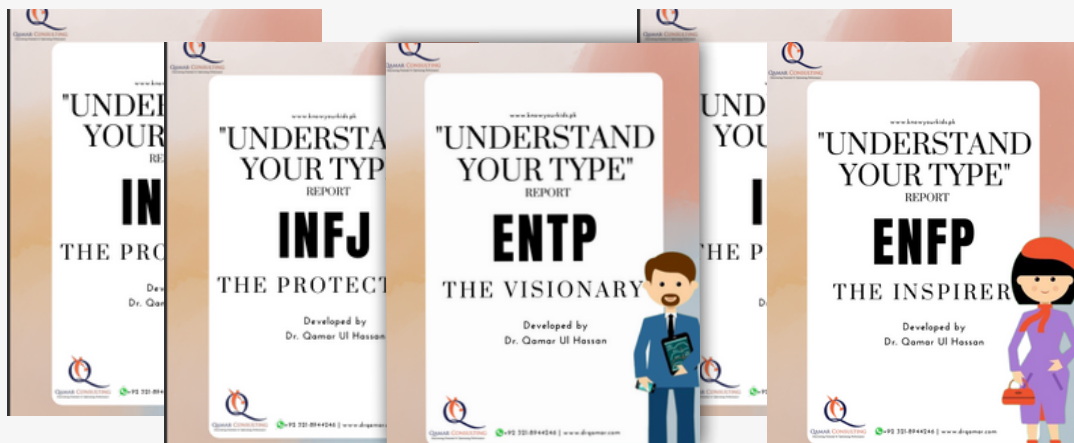
Resources You'll Get

You will receive two powerful resources: a Kids Personality Report and an Understanding Report, both crafted to give you deep clarity about your child's natural strengths and tendencies. The Kids Report provides a detailed breakdown of your child's personality type—how they learn, communicate, handle emotions, and respond to stress. The Understanding Report adds practical guidance for parents.

- **Kid's Type Report**



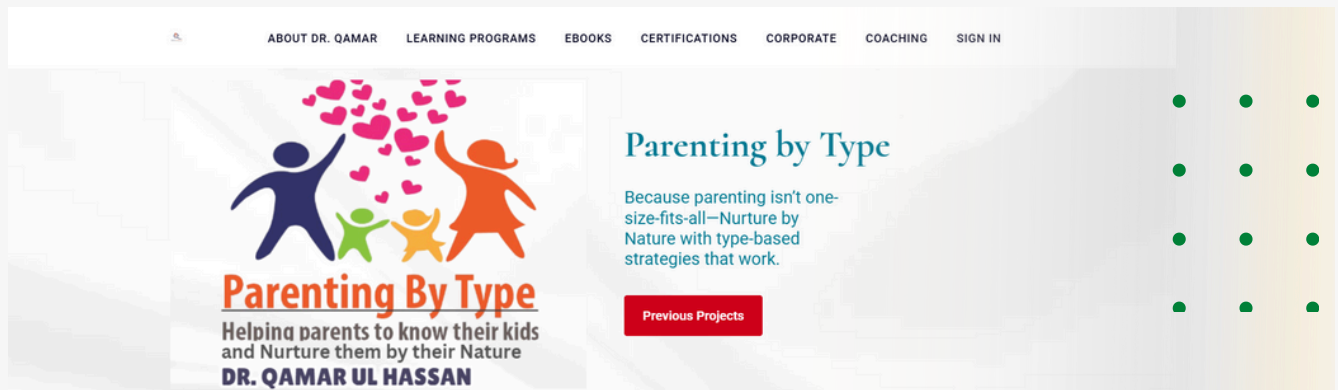
- **Kid's Type Understanding Report**



3 Parenting By Type

Nurture by Nature for a Happier, Healthier Family

This module helps employees understand how their natural personality shapes the way they parent. By becoming more aware of their instincts, strengths, and blind spots, parents can create a calm, supportive, and emotionally healthy home environment.



1. Natural, Confident Parenting

Empowers parents to embrace their inborn strengths, making parenting feel more natural and less stressful.

2. Healthier Family Dynamics

Reduces tension at home by aligning parenting responses with each child's emotional needs.

3. A Happier, More Connected Home

Promotes warmth, understanding, and harmony—allowing families to grow together with ease and joy.

Steps For Parenting by Type

1

Understand Your Kids



2

Learn to Nurture by Nature



3

Report & Development Report (According to Type)

What You Will Learn?

1. Understand Your Child

Learn how your child's personality type influences their behaviour, emotions, and learning style, giving you clarity to parent with insight rather than guesswork.

2. Nurture by Nature

Discover how to align your parenting style with your child's natural tendencies, using their strengths to guide, motivate, and support them effectively.

3. Create a Happy, Healthy Home

With the Nurture by Nature approach, develop a balanced, harmonious family environment that fosters emotional well-being, confidence, and strong relationships at home.



PARENTING BY TYPE

Raise a Happy, Healthy, Responsible Children



IMPORTANCE:

"The only truly effective parenting is individualized parenting addressing the needs of each child."

- Every child has a different way of thinking, feeling, and growing.
- Parenting without understanding their personality type means you're guessing and guessing often leads to frustration, conflict, and missed opportunities.

HOW TO PRACTICE:

- Discover your child's personality type with our proven 5-step model
- Understand their needs, strengths, and blind areas
- Adapt your communication, discipline, and guidance to their unique wiring


THE RESULTS:

- Fewer struggles, more cooperation
- A happier, more confident child
- A calmer, more connected home
- A parenting style that works — for your child

"One of the most fundamental yearnings of the human spirit is to be understood and loved."

When you parent to your child's nature, you raise a child who is happy, healthy, responsible — and deeply connected to you."

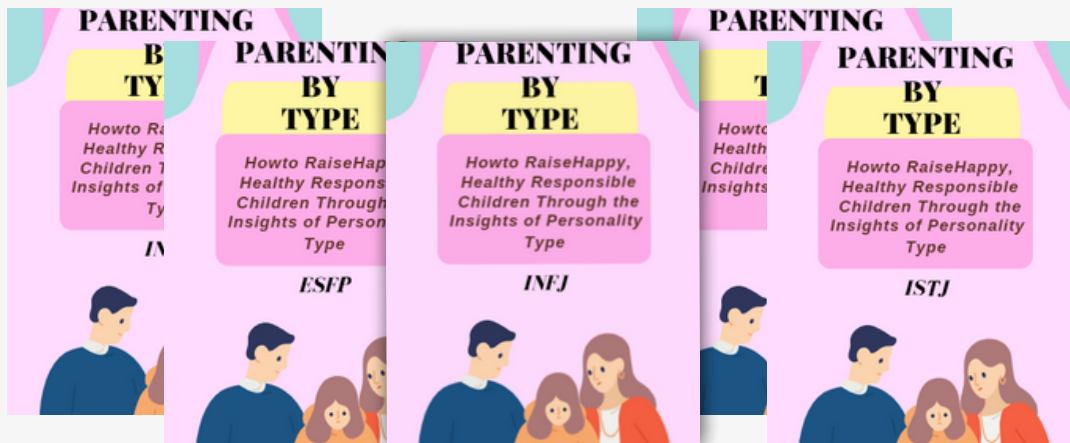
STOP PARENTING GENERICALLY. START PARENTING BY TYPE.

 **+92 336 2221212**

Resources You'll Get

You will receive two key resources to guide your parenting journey: the Parenting by Type Report and the Kids Development Report. The Parenting by Type Report helps you understand your own parenting strengths, blind spots, and style, so you can respond effectively to your child's needs. The Kids Development Report provides insights into your child's growth areas, emotional needs, and learning patterns, giving you a clear roadmap to nurture a happier, healthier, and more balanced family environment.

- **Parenting Report**



- **Kid's Type Development Report**



Other Valuable Resources

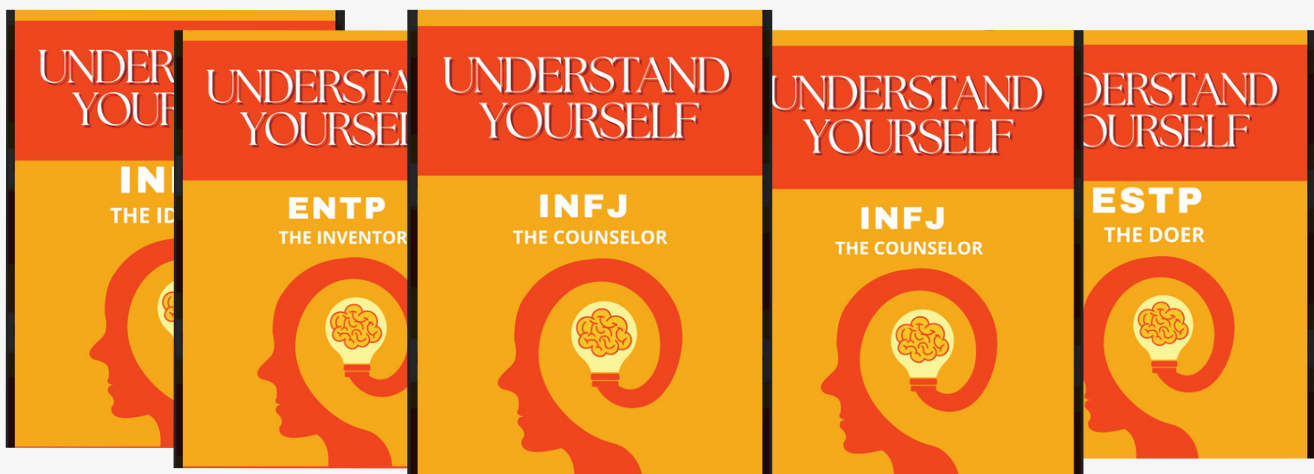
- **Pocket Guides**

These provide key information about your Type and Your Partner's Type at a glance, helping you navigate relationship dynamics with confidence and understanding.



- **Understanding Reports**

These understanding reports offer detailed insights into each of the 16 personality types, providing you and your partner with valuable knowledge about your unique traits and dynamics.



Overall Benefits of the Program



1. Discover Your Family's Type

Understand each family member's personality, behaviour patterns, and emotional needs to communicate more effectively.



2. Strengthen Family Relationships

Build empathy, trust, and connection at home by responding to each person in a way that aligns with their natural tendencies.



3. Reduce Stress and Conflict

Minimize misunderstandings and daily friction by recognizing how personality influences behaviour and interactions.



4. Create a Happy, Healthy Home

Foster a nurturing environment where everyone feels understood, supported, and valued, leading to emotional well-being and family harmony.

Program Structure

01



Session 1: Introduction (3 Hours)

- Introduction to all three programs
- Overview of partner, child, and parent personality types
- How to identify types using our LMS (Thinkific)
- Participants receive access to find their partner's and kids' types independently
- Foundation for communication, emotional understanding & relationship harmony

02



Session 2: After 2–4 Weeks (3 Hours)

- Reviewing participants' partner and kid type results
- Practical guidance on handling conflicts peacefully
- Understanding stress behaviours in partners & kids
- Effective communication strategies based on each person's type
- Aligning parenting methods with children's natural tendencies

04



Session 3: Parenting by Type + Evaluation (3 Hours)

- Comprehensive evaluation of progress at home
- Parenting by Type full session
- Identifying personal parenting strengths & blind spots
- Building long-term harmony at home using type knowledge
- Final action plan for continued family well-being

Fee



LMS (Learning Management System)

PKR 30,000

- Includes 2 months full access + all digital learning resources
- ✓ Downloadable Reports
- ✓ Video Lessons
- ✓ 5 Step Model by Dr. Qamar
- ✓ Bonus Guides



1 Month Program (3 Sessions of 3 Hours Each)

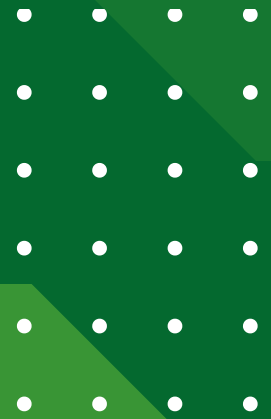
PKR 1,000,000/- day

- Each session is priced at PKR 10,00,000 and includes a 3-hour expert-led LIVE Zoom Session conducted by Dr. Qamar ul Hassan.
- ✓ Expert Workshops
- ✓ Live Q&A
- ✓ Final Evaluation
- ✓ Action Plans

You can access the full Employee Well-Being Program on our LMS using the link provided below.

<https://drqamar.thinkific.com/pages/employee-well-being>

Thank you



Qamar Consulting

Website

www.drqamar.thinkific.com

Contact

+92 336 2221212