

About CHRS

CHRS prides itself for providing multidimensional trainings to ambitious young people which help them in developing and enhancing the necessary skills and traits crucial to their success. The individuals, thus, become responsible and productive members of society contributing generously and whole-heartedly to themselves, their work and to their country.

Target Audience

University Final Year Students, Fresh Graduates
& Potential Job Seekers



Training on Life and Job Skills

Enhance your skills and advance your career.

Learning outcomes

Life and job skills training endeavors to achieve a balance between three areas: Knowledge, Attitude and Skills. This training will help enhance the trainees' capabilities and meet more choices.



For further information please visit www.chrs.pk

- Re-define the way you foresee your employment and workplace.
- Discover your true potential and impress your employer with your unique leadership skills.
- Learn how to employ these skills in practical life

Introduction

We declare that, to the very best of our abilities, we will extol and model for our youth and others the virtue of moral excellence in a way that is professional, goal oriented and aimed at success.

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Module 1 (Life Skills)

- Decision-Making
- Critical Thinking
- Coping & Self-management
- Comfort Zone to Growth Zone
- Self-evaluation
- Problem Solving
- Interpersonal Relations
- Communication Skills
- Negotiation
- Empathy
- Cooperation and Teamwork
- Advocacy

Module 2

(Job search and Retention)

- How to Create Resume, Cover Letter, and Reference Sheet
- Interviewing Skills
- Good Self Conduct
- Interview Questions
- Personal Appearance, Attitude and Attire
- Job Placement Assistance
- Job Targeting/Market Trends
- Application/Information Sessions

Module 3

(Job skills for students)

- Communication skills (Verbal and non-verbal)
- Conflict Management
- Ability to work in a team
- Time Management
- Strong work ethic
- Handling Criticism
- Leadership Skills
- Decision Making

Our Belief

We expect our youth to learn and uphold the values of decency, good character, self-respect and temperament while showing gratitude for the community as a whole. We further emphasize that as we promote these tenets, we hold ourselves accountable and responsible for the young leaders under our influence until they become capable of living and leading with dignity and compassion.

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Students interested to go abroad for study/career opportunities, will be provided with free of cost consultancy.