



Webinar on Wellness and Productivity in Times of Uncertainty

Organized jointly by the
Overseas Coordination Committee (OCC) &
the Continuing Professional Development (CPD) Committee



May 15, 2026



04:00 pm – 05:00 pm (UAE Time)



Online



Free

CPD Hours: 01





About the Webinar

This interactive one-hour webinar for ICAP professionals focuses on building the inner skills needed to perform effectively in uncertain environments.

Using the **Bodyset, Heartset, Mindset, and Soulset** framework, the session provides practical tools to help participants:

- Strengthen focus and mental clarity
- Improve emotional regulation and stress management
- Build resilience during uncertainty and disruption
- Manage time, energy, and attention more effectively
- Create healthier habits that support sustainable performance

The webinar combines practical strategies, relatable examples, and actionable techniques that participants can immediately apply in both their professional and personal lives.

What You Will Walk Away With

- Clear understanding of how uncertainty impacts performance and wellbeing
- Practical techniques to stay focused and in control during disruption
- Simple habits to manage stress and maintain emotional balance
- Better control over time, energy, and attention
- Stronger resilience and greater personal ownership



Meet the Trainer

OMAR HAYAT

Master Trainer & Facilitator

Omar Hayat is a Dubai-based Master Coach and Trainer with extensive experience in leadership development, coaching, customer experience, and professional performance. He has held senior management and consulting roles in the financial services and management consultancy sectors across Canada and the UAE.

Previously, Omar worked with one of Canada's largest financial services firms, where he was recognized as a Top Advisor and later mentored Wealth Management Consultants and teams across multiple branches.

He has delivered hundreds of coaching sessions, keynote talks, and corporate trainings, specializing in:

- Leadership Development
- Emotional Resilience & Performance
- Customer Service Excellence
- Sales & Business Growth
- Coaching & Team Engagement

