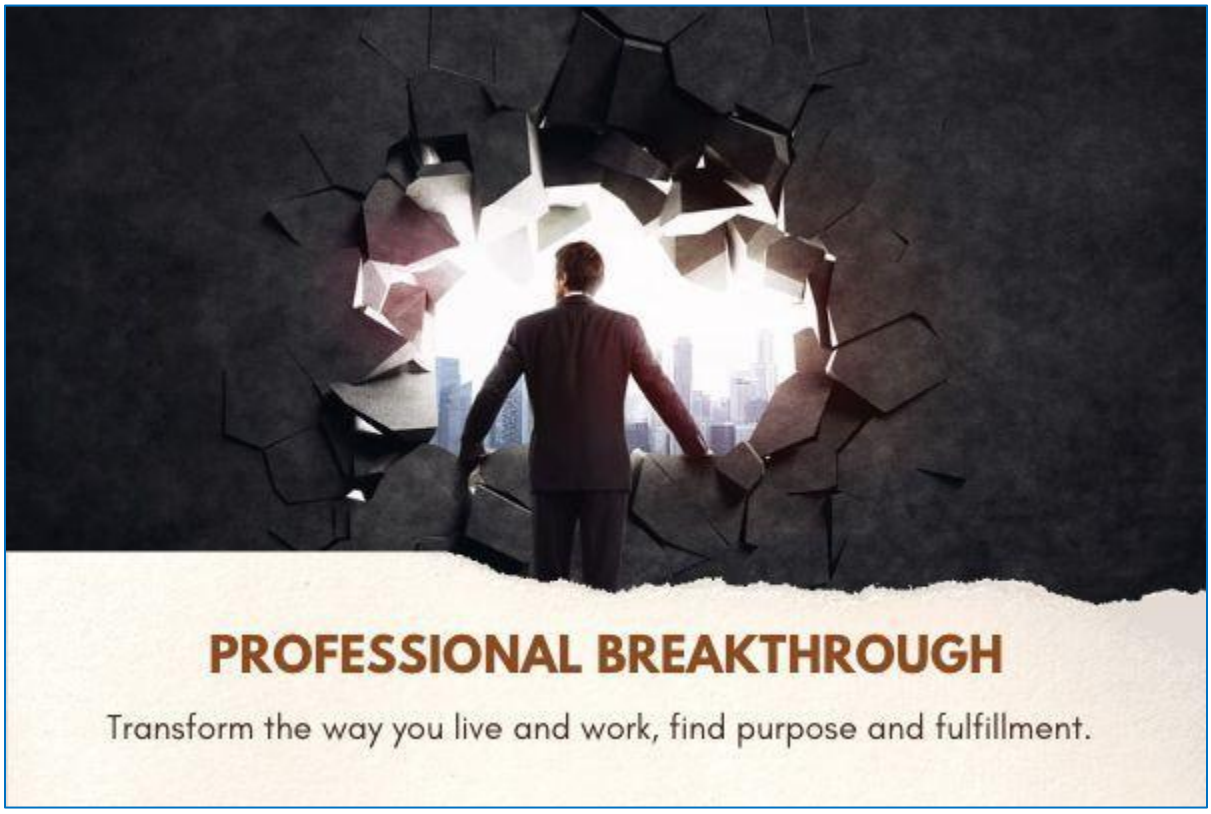
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SS125:
Create Your Work Life Breakthrough

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Training Description:

Modern workplaces demand high performance, resilience, adaptability and emotional balance. Many professionals feel stuck — overwhelmed by workload, disengaged, uncertain about growth, or struggling to balance personal and professional demands. *Create Your Work Life Breakthrough* is a transformational program designed to help participants reset their mindset, reclaim control and unlock higher levels of effectiveness, motivation and fulfillment at work.

This training course goes beyond traditional productivity or motivation training. It integrates mindset psychology, behavioral change principles, emotional intelligence, performance habits, communication mastery, and personal clarity strategies. Participants learn how to break limiting patterns, reframe challenges, strengthen confidence, improve focus and develop practical systems that drive sustainable success.

By the end of this training course, participants will not only understand what holds them back — they will have concrete tools, strategies, and personal action plans to create measurable improvements in performance, energy, relationships, and career direction.

Training Objectives:

By the end of the training, participants will be able to:

- ✓ Develop a breakthrough mindset that supports confidence, resilience and adaptability
- ✓ Identify and overcome personal barriers, limiting beliefs and productivity traps
- ✓ Improve focus, motivation and work effectiveness
- ✓ Strengthen emotional intelligence and stress management capabilities
- ✓ Enhance communication, influence and workplace relationships
- ✓ Align personal values with professional goals for greater engagement and clarity
- ✓ Build sustainable habits that support long-term performance and satisfaction
- ✓ Create a personalized Work Life Breakthrough Action Plan

Training Designed for:

This training course is designed for professionals at all levels who want to enhance performance, motivation and personal effectiveness. It is particularly beneficial for; Employees experiencing burnout, stagnation or low engagement, Supervisors and team leaders seeking renewed effectiveness, High-potential staff preparing for greater responsibilities, Professionals facing change, transition, or increased pressure, Individuals seeking better balance, focus and career clarity and Anyone who wants to improve mindset, productivity and workplace impact.

Training Requirement:

"Hands on practical sessions, equipment and software will be applied during the course if required and as per the client's request."

Contents can be adapted to your specific wishes. It is therefore possible to focus on specific modules of the training course as per client's learning needs and objectives. Further, it should be forwarded to us a month prior to the course dates.

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Training Program:

DAY ONE:

FUNDAMENTALS OF PUMPS AND COMPRESSORS

- ❖ Understanding Working Principles and Core Concepts
  - Introduction to rotating equipment in industrial systems
  - Positive displacement vs dynamic machines
  - Reciprocating pump operating principles
  - Rotary pump types: gear, screw, vane and lobe pumps
  - Compressor classifications: reciprocating, screw, centrifugal
  - Basic fluid mechanics and pressure concepts
  - Thermodynamic principles relevant to compressors
  - Key components and mechanical configuration
  - Safety considerations in pump and compressor systems
  - **Workshop:** Equipment identification and functional analysis

DAY TWO:

PERFORMANCE CHARACTERISTICS AND DESIGN FEATURES

- ❖ Evaluating Equipment Performance and Efficiency
  - Pump and compressor performance curves
  - Flow rate, head, pressure and power relationships
  - Volumetric efficiency and mechanical efficiency
  - Net Positive Suction Head (NPSH) and cavitation analysis
  - Compression ratios and multi-stage compression
  - Cooling and intercooling systems
  - Materials selection and corrosion considerations
  - Sealing systems: packing, mechanical seals and dry gas seals
  - API and international standards overview
  - **Case Study:** Performance evaluation and curve interpretation exercise

DAY THREE:

OPERATION, MONITORING AND CONDITION ASSESSMENT

- ❖ Improving Reliability through Monitoring Techniques
  - Start-up and shutdown procedures
  - Operating parameters and safe operating limits
  - Lubrication systems and best practices
  - Vibration fundamentals and analysis basics
  - Temperature and pressure monitoring
  - Alignment and balancing principles
  - Noise diagnostics and abnormal operating conditions
  - Predictive maintenance tools and techniques
  - Condition-based monitoring strategies
  - **Workshop:** Diagnosing operational problems using monitoring data

DAY FOUR:

FAILURE MODES, TROUBLESHOOTING AND ROOT CAUSE ANALYSIS

- ❖ Identifying and Solving Mechanical Problems
  - Common pump failures (cavitation, seal failure, bearing damage)
  - Compressor failures (valve damage, overheating, leakage)
  - Mechanical fatigue and wear mechanisms
  - Shaft misalignment and imbalance
  - System-related issues (piping stress, improper suction conditions)
  - Troubleshooting methodology and structured approach
  - Root Cause Analysis (RCA) techniques
  - Reliability-centered maintenance (RCM) principles
  - Spare parts management and lifecycle planning
  - Group Exercise: Failure investigation and corrective action planning

DAY FIVE:

OPTIMIZATION, MAINTENANCE STRATEGY AND BEST PRACTICES

- ❖ Enhancing Performance and Extending Equipment Life
  - Energy efficiency optimization techniques
  - Performance testing and acceptance testing
  - Preventive vs predictive maintenance planning
  - Maintenance scheduling and documentation
  - Risk-based maintenance strategies
  - Safety integrity and operational risk reduction
  - Digital monitoring and smart diagnostics
  - Developing maintenance KPIs and performance indicators
  - Final integrated case study: Comprehensive pump and compressor system analysis
- ❖ Course Conclusion
- ❖ POST-ASSESSMENT and EVALUATION

Training Methodology:

This interactive training course includes the following training methodologies as a percentage of the total tuition hours:

- 30% Lectures, Concepts, Role Play
- 70% Workshops & Work Presentations, Techniques, Based on Case Studies & Practical Exercises, Gamification, Software & General Discussions
- Pre and Post Test

Training Certificate(s):

CMCT Internationally recognized certificate(s) will be issued to each participant who completed the course.

Training Fees:

TBA as per the course location - This rate includes participant's manual, hand-outs, buffet lunch, coffee/tea on arrival, morning & afternoon of each day.

Note: The 5% VAT (Value Added Tax), will be effective starting 01st of January 2018 as per the new regulation from the UAE Government. The VAT applies for all quotation both for local and abroad.

Training Timings:

Daily Timings:

07:45 - 08:00	Morning Coffee / Tea
08:00 - 10:00	First Session
10:00 - 10:20	Recess (Coffee/Tea/Snacks)
10:20 - 12:20	Second Session
12:20 - 13:00	Recess (Prayer Break & Lunch)
13:00 - 14:00	Last Session

For training registrations or in-house enquiries, please contact:

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