



INSTITUTE *for* HEALTH *and* HUMAN POTENTIAL



Qaizra Kara Jokhai

Qaizra is a Corporate Trainer and Facilitator for IHHP. She has a strong passion for Emotional Intelligence and brings with her a solid background in Adult Learning and Organization Development. Qaizra has been facilitating Emotional Intelligence material, both in classroom and in live online format for 5 years.

Qaizra has over 10 years of experience in facilitating Leadership Workshops focused around Sales, Customer Focus, and Coaching and holds a variety of training certifications.

Participants in her courses praise her for the sense of calm she brings, especially when exploring emotionally sensitive and personal topics. Qaizra is also acclaimed for her ability to create a classroom climate where strong connections are built between both her and the participants and between the participants themselves. In such settings, participants open up and explore the material deeply, discovering richer details and identifying more ways to apply the material practically in the most important moments.

In addition to training and facilitation, Qaizra has 9 years experience in Business Consulting. As a consultant, she has partnered and acted as a liaison with various businesses to collaborate with training teams to drive performance-based learning. She has focused on leading and developing strategic training solutions and introducing best practice approaches that are both customer and learner centric and support organizations in achieving corporate objectives.

Besides delivering training for the IHHP and its clients, Qaizra has worked directly in a training capacity for Rogers, TD Bank and American Express.

Outside of her passion for training, consulting and facilitation, she is a dedicated mother to her daughter and an avid traveller.

About Us

IHHP is a research-based training company and has been a leader in Emotional Intelligence for over twenty years. It's a scientific fact that emotions precede thought. When emotions run high, they change the way our brains function, diminishing our cognitive abilities, decision-making powers, and even interpersonal skills.

Is your organization facing increased pressure, disengagement or lack of authentic communication? We build integrated programs with training, assessments and coaching based on neuroscience for real change. We translate the science behind managing emotions and teach people the skills to summon their best selves and do their best work during moments of truth.

Our clients see improved productivity, talent retention, a more agile workplace culture and higher engagement levels.

Whether you are an individual contributor or manage a team, we believe that PEOPLE make the greatest positive impact when they SHOW UP AS THEIR BEST selves.

Connect with a Leadership Consultant to discuss how you can get the most from your team!

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