



Transforming leaders, teams, and organizations through **meaningful learning solutions**.

120+
CORPORATIONS
SERVED

750+
TRAINING SESSIONS
DELIVERED

20,000+
PROFESSIONALS
TRAINED

**#Rise
Above
Ordinary**

**Built to close the
gap between
potential and
performance**

Our story

Founded in **2019** by **Tanzeel Raza** after an extensive professional career in **Australia**, Meaningful Lives was born from a simple but urgent observation — a critical gap between global workforce standards and local organizational performance.

Through deep multi-sector research across **MNCs, private firms and SMEs**, we engineered targeted, practical training frameworks calibrated to specific employee cadres and industry demands.

Vision

To empower and enable organizations and people around to the world to **Rise Above Ordinary**.

Our Organization Character Traits

At Meaningful Lives, our culture is defined by a rigorous set of behaviors that every member of our team is expected to embody and advocate.

- Integrity
- Excellence
- Courage
- Wellbeing

Clients Served

Trusted by Pakistan's most respected organizations.

Financial Services Sector



Textile Sector



FMCG & Manufacturing Sector



RISE ABOVE ORDINARY

Oil & Gas Sector



IT Sector



Logistics & Transport



Real Estate & Construction



Retail Sector



Pharma Sector



Automotive Sector



Packaging Sector



NGO Sector



Education Sector



Other Sectors





Why Meaningful Lives

Most training is forgotten within 72 hours.
Ours isn't.

01

Outcome Data, Not Just Delivery

We measure behavioral change 30, 60 and 90 days post-training — not just session satisfaction scores.

02

Zero Generic Content

Every program is custom-built after a diagnostic phase. Industry-specific case studies. Real challenges. No off-the-shelf decks.

03

Post-Training Reinforcement

WhatsApp nudges, bite-sized videos, short assignments and follow-up sessions keep learning alive long after the room empties.

04

International Pedigree, Local Fluency

Global frameworks and research applied to Pakistani organizational culture — not a copy-paste of Western content.



How We Work

Most training stops at delivery. Our 4-stage methodology ensures every engagement is diagnosed, designed, delivered, and sustained — so results outlive the workshop.

A process built for real, lasting change.

01

02

03

04

STAGE ONE

Diagnose the Reality

- Employee capability & learning profiles
- Organizational culture & environment
- Existing systems & processes
- Key performance challenges

WHAT THIS MEANS FOR YOU

Zero wasted training budget

STAGE TWO

Design What Matters

- No generic content — fully tailored
- Learning objectives tied to business goals
- Practical content for real challenges
- Industry-specific case studies

WHAT THIS MEANS FOR YOU

Training that actually sticks

STAGE THREE

Deliver With Impact

- High-energy, application-focused sessions
- Interactive workshops & real scenarios
- Immediate workplace takeaways
- Engaging — never just theory

WHAT THIS MEANS FOR YOU

Lasting ROI on every session

STAGE FOUR

Sustain the Change

- WhatsApp nudges to reinforce learning
- Short assignments for application
- Bite-sized video content
- Follow-up group sessions

WHAT THIS MEANS FOR YOU

Behavior change beyond the classroom



Meet The CEO

The person behind **20,000+** transformations.



Tanzeel Raza

Tanzeel Raza is **the CEO of Meaningful Lives** and a seasoned corporate trainer, consultant and coach, specializing in leadership development, personal productivity, and workplace wellbeing. With a strong emphasis on soft skills training, he empowers professionals and organizations to achieve sustainable growth through practical, **human-centered learning experiences**.

He has over **10 years** of experience in training & transforming professionals and organizations in **Australia** and Pakistan. He has worked with top global organizations, include "**Hudson Global Resource**", a leading MNC providing learning and staffing solutions in Australia. Tanzeel's training programs are designed based on latest academic researches, **proven tools**, frameworks, models and includes **real life corporate** short case studies to build relevance and relatability with his audience. He has facilitated more than **750 trainings** in Pakistan, has worked with more than **100 organizations** and have trained more than **20,000** professionals from all walks of life.

— CREDENTIALS & CERTIFICATIONS

- **MBA — International Business**

CQ University, Australia

- **Certified Professional Trainer**

IAPPD, United Kingdom

- **Certified Fitness Trainer**

Australian College of Sports & Fitness

- **Certified Public Speaker**

California Inst. of Behavioural Neurosciences

- **ACCA Affiliate**

Assoc. of Chartered Certified Accountants

- **Certified Boxing Trainer**

Punchfit, Australia



Meet Our Consultants & Trainers



Dr Muhammad Asif

Professor Dr Muhammad Asif is a globally cited clinical researcher, physiotherapist and consultant with over 25 years of experience working with leading medical colleges, hospitals and universities Globally.



Sohail Rizvi

Sohail Rizvi has more than 32 years of corporate experience with 15 years in USA and 17 years in Pakistan. He has trained and coached more than 2000 business leaders in USA and Pakistan. Withholding MS in HR from University of Southern California, USA. MBA Finance from Pacific State University, USA.



Dr Kulsoom Haider

Dr Kulsoom has for 20 years of experience working with leading Pharmaceutical companies in Pakistan. In addition to this, she has over 10 years of experience as a clinical psychologist and psychiatrist. Dr Kulsoom has been counselling and facilitating mental wellbeing sessions with Meaningful Lives.



Zaid Pirwani

Zaid is an experienced technology leader, trainer, and engineer with a strong focus on practical digital transformation through automation, AI tools, and data systems. With over 10 years of hands-on experience in IT management, education technology, and software development, Zaid has trained professionals across multiple sectors.

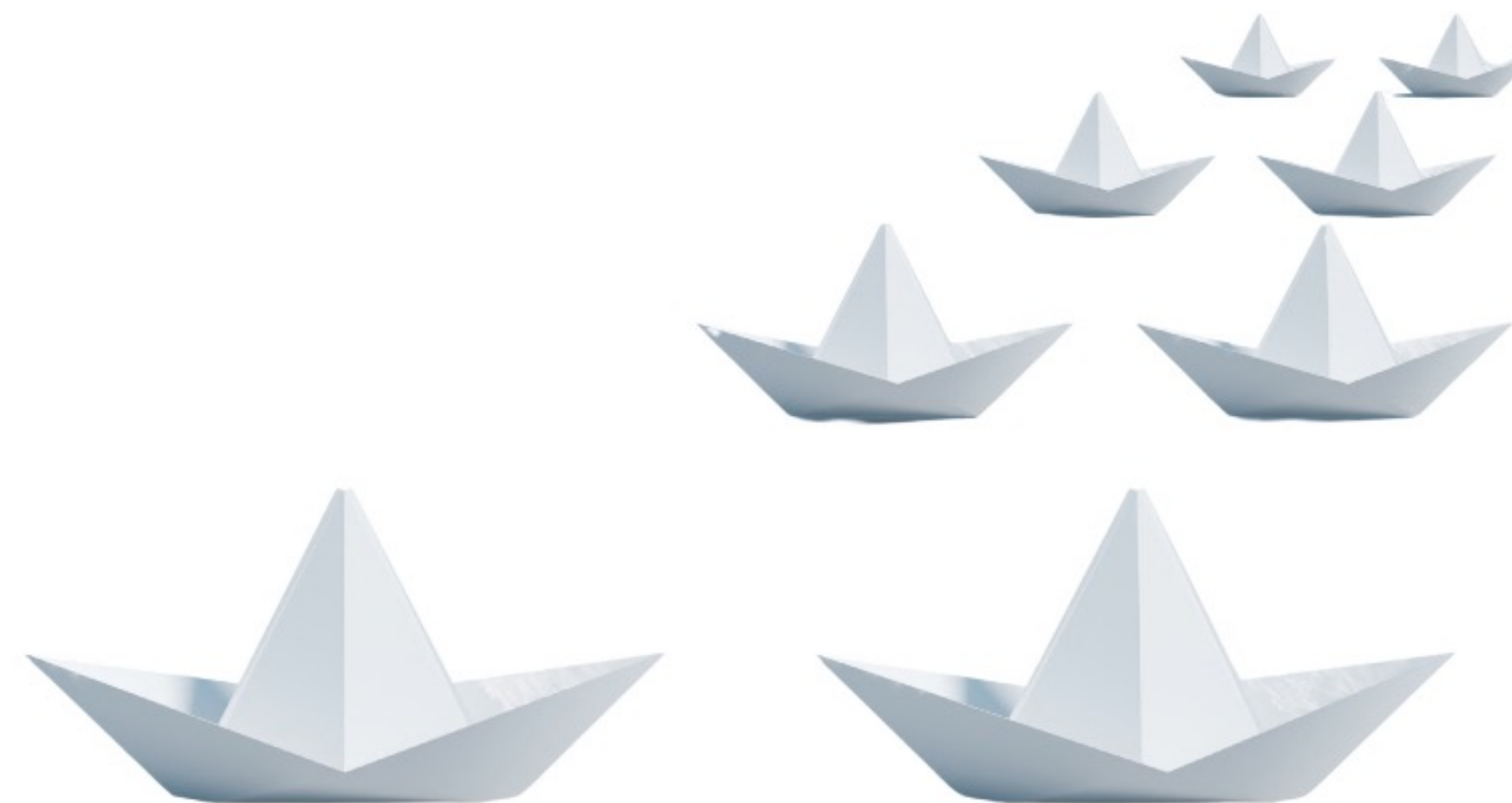


Signature Training Program

From Novice To Navigator

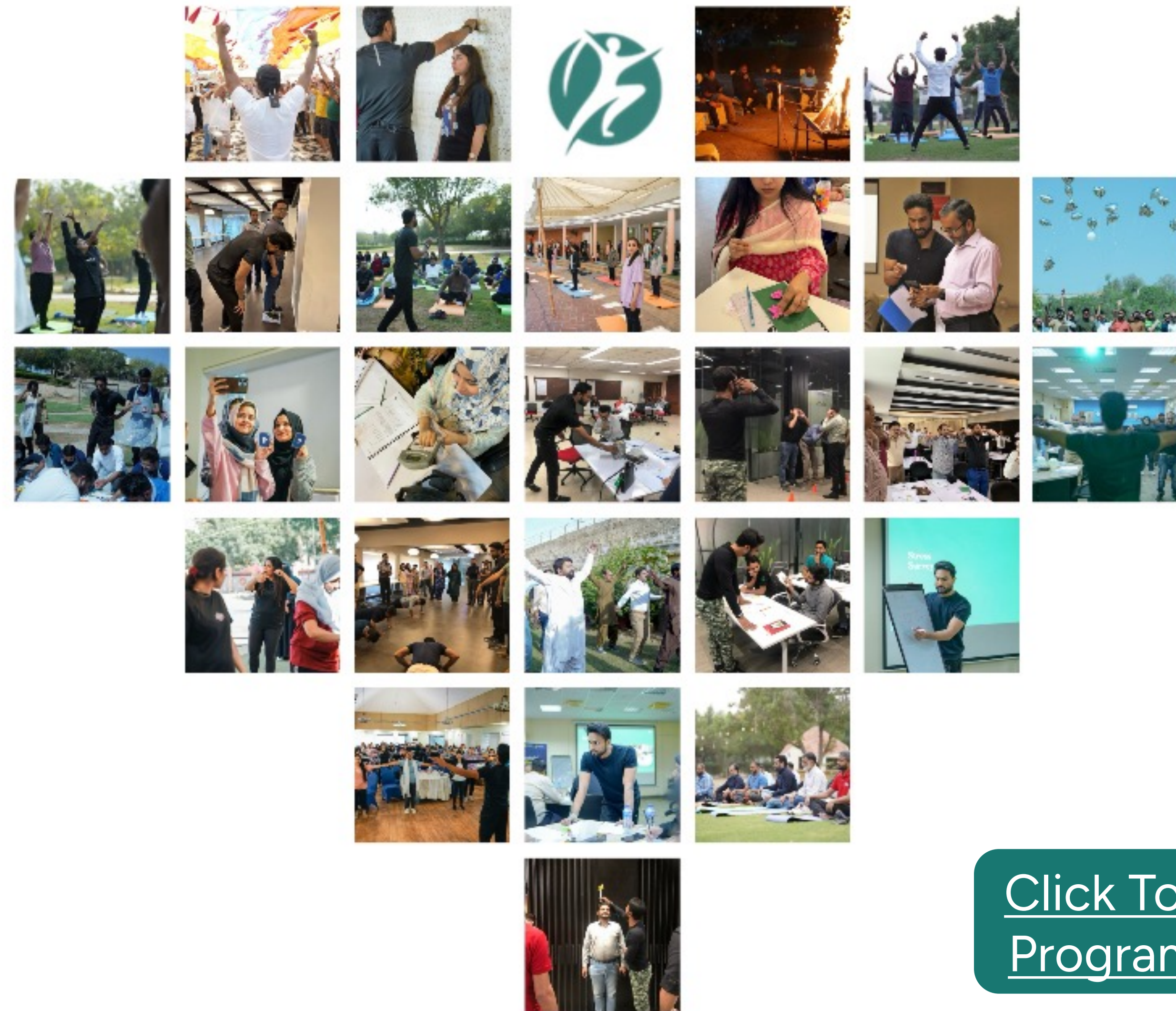
Building Managerial & Leadership Capabilities for Today's Business Challenges

By Tanzeel Raza



[Click To Download
Program Brochure](#)

Signature Training Program



Meaningful Wellness

Master the art of living well.

By Tanzeel Raza

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Program Brochure](#)



Signature Training Program

Personal Productivity Program

**Professional Productivity Tool Kit To Achieve Peak
Productivity**

By Tanzeel Raza.



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Program Brochure](#)



Signature Training Program

Emotional Intelligence For Workplace Excellence

Understand Emotions. Manage Reactions. Strengthen Relationships.

By Tanzeel Raza



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Program Brochure](#)

Team Building Retreat

At *Meaningful Lives*, we believe learning is most impactful when it goes beyond the four walls of a training room. Our **Team Building Training Programs** are designed to help teams step away from their routine and reconnect with themselves, their colleagues, and their organization's purpose.

We facilitate these programs in refreshing natural settings—beaches, farmhouses, and serene forests across Pakistan—where participants experience a blend of structured learning, experiential activities, and reflective discussions. The change of environment fosters creativity, collaboration, and team bonding, while the carefully designed exercises help build trust, improve communication, and strengthen problem-solving skills.

[Click To Download
Program Brochure](#)



Meaningful Wellness Program

Leadership Development Program

Personal Productivity Program

EI for Workplace Excellence

Team Building Retreats



HR Head — Pak Suzuki

Timraha

youtu.be/heRlstw6nrg



PCI Group

Leadership Testimonial

youtu.be/qu1B6oUWPzY



Lotte Chemical

Productivity Program

youtu.be/-QZ1TxR6yGI



Paysys Labs

Director Product Eng.

youtu.be/DrqAgiEBcRE



IBA

Dr Syed Irfan Nabi

youtu.be/GRnqQhpINSY



Adamjee Life

Hammad

youtu.be/US-WGO-seKk



Maya Tax

HR Manager

youtu.be/9Y4qnuhPZ0Q



Faysal Bank

Productivity Program

youtu.be/p2cQ1cbXq-g



Paysys Labs

Manager HR

youtu.be/oa0KwPLWPgE



D&B Global

Aliza Iqbal

youtu.be/oW-piiBQMKQ



Askari Bank

Nabiha Sheikh

youtu.be/NAMzjsib5HU



PV360

Sales Director

youtu.be/kNYsK1ETE9M



Summit Bank

Service Quality Head

youtu.be/ReYHfAB_WR8



Paysys Labs

Marketing Executive

youtu.be/35Sm1_KWhCQ



State Bank of Pakistan

Senior Management

youtu.be/KWheQrc58-w

Ready To Rise Above Ordinary?

Tell us your challenge. We'll design the solution.

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In-house and customized training programs available for all sectors.