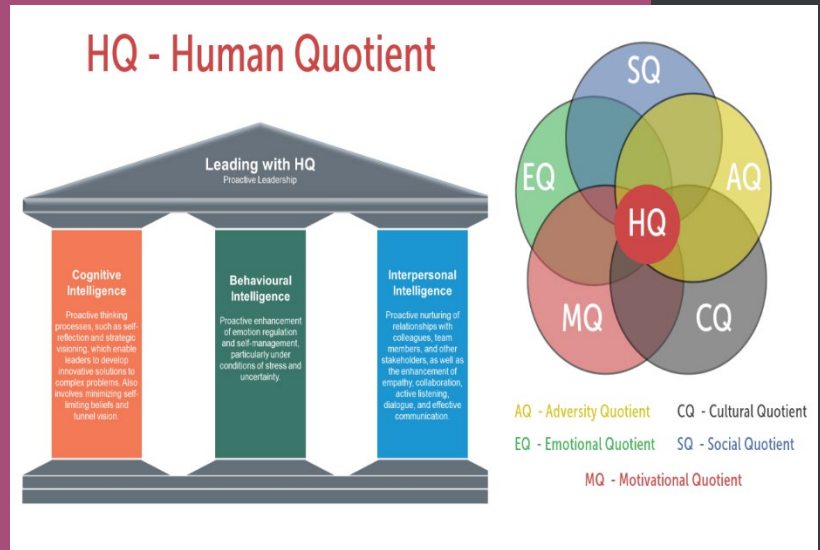


INFORMATION PACK

6-Month Leadership Training Program

Based on Human Intelligence Model™



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AMHWAL Academy

Aberdeen Mental Health at Work & Leadership Academy



Introducing our game-changing 6-Month Leadership Training Program: Empowering Leaders for Success! Are you ready to take your leadership skills to the next level and make a profound impact on your organization's bottom line? Look no further because this comprehensive program is precisely what you need.

At its core, our program is designed to transform talented individuals into exceptional leaders. We understand that leadership is not just a title; it's a skill that can be developed and refined. With our blended approach, incorporating five full days of intensive training workshops, online resources, assessments, on-the-job exercises, and a prestigious certificate of completion, we guarantee a holistic and immersive learning experience.

So, what exactly sets our program apart? Let's dive into the benefits and the tangible impact it will have on your organization's bottom line:

- 1. Comprehensive Skill Development:** Our program is meticulously crafted to address every aspect of effective leadership. From communication and decision-making to conflict resolution and strategic thinking, we cover it all. By honing these essential skills, your leaders will become more confident, influential, and adept at inspiring their teams.
- 2. Blended Learning Approach:** We understand the demands of the modern workplace, which is why our program seamlessly blends in-person workshops with online resources. This approach ensures flexibility, allowing participants to access valuable content anytime, anywhere. The online resources provide continuous learning opportunities, reinforcing concepts covered in the workshops and facilitating long-term knowledge retention.
- 3. Practical Application:** We firmly believe that learning is most effective when applied in real-life scenarios. That's why our program includes on-the-job exercises that allow participants to immediately put their newfound knowledge into practice. By tackling real-world challenges, leaders develop



critical problem-solving skills and gain the confidence to make informed decisions that drive tangible results.

4. **Assessments and Feedback:** To ensure progress and growth, our program features regular assessments and personalized feedback. These assessments provide valuable insights into each leader's strengths and areas for improvement. Our experienced facilitators will guide participants, offering tailored guidance and support, fostering continuous development throughout the program.
5. **Boosted Productivity and Employee Engagement:** Effective leadership directly correlates to improved productivity and employee engagement. When your leaders are equipped with the right skills, they can motivate and inspire their teams, resulting in increased efficiency, enhanced collaboration, and a more positive work environment. These improvements will undoubtedly have a direct impact on your organization's bottom line.
6. **Recognized Certification:** Upon successful completion of the program, each participant will receive a prestigious certificate. This certificate serves as a testament to their commitment to professional growth and leadership excellence. It also provides external validation of their skills and capabilities, bolstering their credibility both within the organization and in the broader professional sphere.

Investing in our 6-Month Leadership Training Program is an investment in the future success of your organization. By nurturing exceptional leaders, you are cultivating a culture of excellence, driving innovation, and maximizing your team's potential. Don't miss this opportunity to unlock the true potential of your leaders and witness the transformative impact it will have on your bottom line.

Contact us today to learn more about how our program can benefit your organization.



The Program is based on Our Unique Human Intelligence Model™

100% of your employees and 100% of your customers are people. This program will help your leaders develop human intelligence to connect with, understand, inspire, motivate and lead the people within and beyond your organization. We will help your leaders develop five core elements of Human Intelligence.

- 1. Emotional Intelligence (EQ):** Leaders with high EQ possess a deep understanding of their own emotions and can empathize with others, resulting in better communication, stronger relationships, and enhanced decision-making.
- 2. Motivational Intelligence (MQ):** Motivational Intelligence is the key to unlocking the true potential of your leaders, inspiring high performance, and driving remarkable results. MQ is the ability to understand, manage, and leverage motivation—both in oneself and in others.
- 3. Adversity Quotient (AQ):** Being able to deal with setbacks, uncertainty, and challenging times while still being creative and making effective decisions is one of the main benefits of developing high AQ.
- 4. Cultural Intelligence (CQ):** The ability to navigate diverse cultural landscapes is not just a competitive advantage; it's essential for sustainable success. We've designed a comprehensive program that empowers leaders with the skills and knowledge they need to excel in multicultural environments.
- 5. Social Intelligence (SQ):** While technical expertise is vital, it is the ability to navigate complex social interactions, understand diverse perspectives, and build strong relationships that truly sets exceptional leaders apart. By enhancing their social awareness, empathy, and effective communication, leaders will experience a significant positive impact on both personal and organizational success.

About Us

AMHWAL Academy is an organization committed to helping professionals and businesses across the world achieve their full potential, by breaking the stigma around mental health and challenging beliefs and old practices that are limiting the way people show up at work and in life. We stand against practices and philosophies that are based on outdated research. The recent development in neuroscience and psychology proves the neuroplasticity of our brains and the fluid nature of our personalities.

We are a UK-based training center but have clients across the Globe. We have been proudly serving businesses since 2020.

Your Speaker & Trainer

Anurag is a certified Executive Coach and trainer and a Master NLP Practitioner. He is a qualified Organizational Psychologist and a registered member of the British Psychological Society. He has spent over a decade studying neuroscience, human psychology, and peak performance.

His books *The Power Within* and *Mind 2.0* are Amazon Bestsellers. He has been featured in major publications such as Fox News, NBC, Yahoo Finance, and MarketWatch. He has been recognized as the 'Most Empowering Coach in Scotland' (SME UK Awards).



Brainz Magazine has identified Anurag as the most sought-after Executive Coach in the UK.

Apart from Anurag, the leaders who enrol will also benefit from the expertise and knowledge of different subject matter experts from the industry who will come in at different stages as guest speakers.

Some Organisations Anurag has worked with





Why work with us?

- ✓ We are one of the UK's number 1 training providers.
- ✓ Our unique approach is based on the latest research in neuroscience, human psychology, motivational (MQ) and emotional intelligence (EQ).
- ✓ We have a track record of 100% client satisfaction.
- ✓ We will go the extra mile to ensure that your team is not just motivated but transformed.

What our clients say?

"To say I found this an incredible, enlightening, and mind-blowing few hours would say the very least!"



Carol A.
Sales director, Village Hotel

"I would highly recommend working with Anurag, the workshop I attended was not only enlightening but thoroughly enjoyable."



Andy E.
Director, Acumen
Employee Benefits

"Fantastic morning, thank you Anurag, very powerful presentation and given me so much to think about."



Laura M.
Director, Northwood
Lettings and Estate Agents

All 5 Star reviews on

