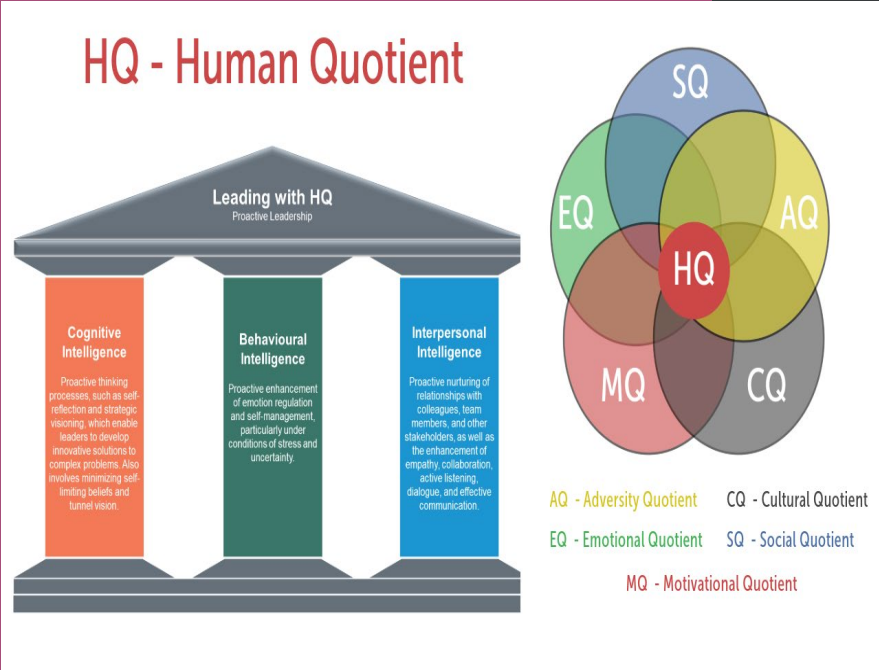


# INFORMATION PACK

## Leading with HQ™ (Human Intelligence)



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# AMHWAL Academy

Aberdeen Mental Health at Work & Leadership Academy



Unlock the full potential of your organization's leadership with our groundbreaking workshop on improving Human intelligence for enhanced organizational success. In today's competitive business landscape, your organization's leadership plays a vital role in driving growth, innovation, and profitability. That's why we have developed a transformative workshop specifically designed to empower your leaders and elevate your bottom line.

100% of your employees and 100% of your customers are people. This workshop 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):** Extensive research has shown that Emotional Intelligence is a critical factor in effective leadership. 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. Investing in the EQ development of your leaders is a strategic decision that directly impacts your organization's financial success. Research has consistently shown that companies with emotionally intelligent leaders experience higher employee engagement, increased customer satisfaction, improved retention rates, and greater overall profitability.
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. It involves identifying individual drivers, aligning goals, fostering engagement, and creating a culture of inspiration and excellence. By enhancing MQ, leaders can effectively tap into the collective motivation of their teams, leading to a profound impact on organizational success.



3. **Adversity Quotient (AQ):** In today's fast-paced and ever-changing business landscape, resilience is the key to thriving amidst adversity, and our workshop is designed to equip your leaders with the essential skills to navigate challenges and drive your organization to new heights. 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):** This workshop will transform your leaders into culturally astute and globally competent visionaries. In today's interconnected world, organizations face unprecedented challenges and opportunities. 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):** The success of any organization heavily relies on the capabilities of its leaders. 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. That's where our Social Intelligence Workshop comes in! Our workshop is specifically designed to empower leaders within your organization with the crucial skills of social intelligence. By enhancing their social awareness, empathy, and effective communication, leaders will experience a significant positive impact on both personal and organizational success.

Our workshop is designed to be engaging, interactive, and tailored to meet the unique needs of your organization. Led by seasoned human intelligence and leaderships experts, participants will learn practical techniques, engage in hands-on exercises, and receive personalized feedback to ensure immediate and lasting results.

## 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 Organisational 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.

His unique ability to grasp the audience's attention and get them to think and see from a deeper level will guide you to a breakthrough experience.



## 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

