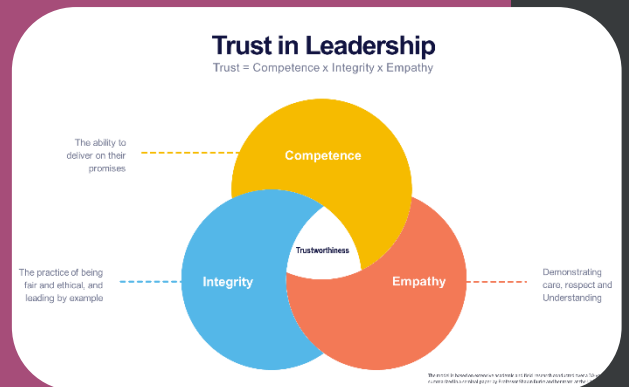


# INFORMATION PACK

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## Executive Coaching



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# AMHWAL Academy

Aberdeen Mental Health at Work & Leadership Academy



In an ever-changing business world, senior leaders are required to navigate complex challenges, motivate teams, and make strategic decisions that can make or break the organization. Our Executive Coaching Program is designed to offer targeted support to your organization's leaders, helping them develop the skills and perspective necessary to excel in their roles.

### Why Choose this Program?

Our program provides personalized, one-on-one coaching that promotes self-awareness, improves decision-making, enhances leadership skills, and boosts performance. We believe in empowering leaders, enabling them to guide their teams effectively towards achieving organizational objectives.

### Key Benefits to the Individual Leaders:

1. **Enhanced Leadership Skills:** Our program helps leaders to build on their strengths, address their areas of improvement, and develop their leadership style, which ultimately improves their effectiveness in their roles.
2. **Improved Decision-making:** Through our program, leaders will enhance their strategic thinking and problem-solving skills, leading to more informed and effective decision-making.
3. **Increased Self-Awareness:** Our program encourages introspection, aiding leaders in understanding their motivations, strengths, and weaknesses, which contributes to their personal and professional growth.
4. **Better Stress Management:** We equip leaders with tools and strategies to handle pressure and stress effectively, promoting mental well-being and resilience.
5. **Improved Work-Life Balance:** Our program supports leaders in managing their personal and professional responsibilities, thus improving their overall work-life balance.

### Key Benefits to the Organization:

1. **Improved Performance:** Equipping leaders with better decision-making and leadership skills translates into improved overall organizational performance.
2. **Effective Succession Planning:** Developing the leadership abilities of your senior team supports succession planning and ensures the organization's future success.
3. **Positive Organizational Culture:** Effective leaders help cultivate a positive, collaborative, and performance-oriented work culture.
4. **Increased Employee Engagement:** Effective leadership contributes to improved employee satisfaction, motivation, and engagement.
5. **Greater Competitive Advantage:** Developing the skills and capabilities of your senior leadership can provide a significant competitive advantage in the marketplace.



Executive coaching has been widely studied in academic and business settings, and substantial evidence supports its effectiveness. Here are a few research-based findings:

1. **Increased Productivity and Performance:** A study published by the International Coaching Federation (ICF) demonstrated that 86% of companies who implemented executive coaching reported a positive return on investment and increased productivity (ICF, 2009).
2. **Enhanced Leadership Skills:** A meta-analysis conducted by Jones, Woods, and Guillaume (2016) concluded that executive coaching significantly improves leadership skills, work performance, and self-regulation.
3. **Improved Emotional Intelligence:** According to a study by Theodorou, M., M. M. Metzler, and N. H. Patel (2020), executive coaching can enhance emotional intelligence among senior leaders, which significantly influences their leadership effectiveness.
4. **Better Decision-Making Skills:** A study by Moen and Allgood (2009) indicated that executive coaching effectively improves strategic thinking and decision-making skills among business leaders.
5. **Greater Job Satisfaction and Reduced Turnover:** Research conducted by McGovern et al. (2001) demonstrated that executive coaching increases job satisfaction, resulting in lower employee turnover.
6. **Reduced Stress and Improved Work-Life Balance:** Research by Gyllensten and Palmer (2005) found that executive coaching contributes to decreased stress levels and improved work-life balance.
7. **Boost in Self-Confidence:** A study by Grant (2003) found that executive coaching can significantly improve a leader's self-confidence, which can lead to improved performance and better interpersonal relationships.

Our Executive Coaching Program is tailored to meet the unique needs and objectives of each leader. It ensures they receive the guidance they need to make substantial contributions to the success of your organization.

### Let's Connect

For further information about the program, or to arrange a consultation, please contact us at [info@amhwal.com](mailto:info@amhwal.com).

**"Your organization's growth and bottom line are a direct reflection of the growth and development of your people. Investing in them is not just a moral obligation, but a strategic imperative for sustained 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 Coach

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

