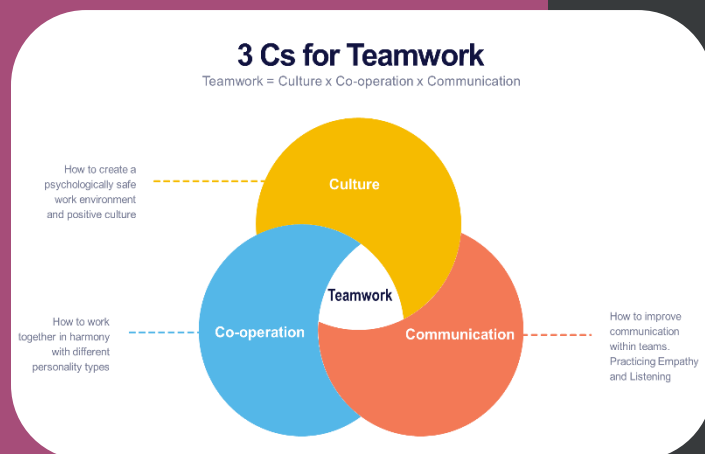


INFORMATION PACK

3C Workshop



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AMHWAL Academy

Aberdeen Mental Health at Work & Leadership Academy



Communication, Co-operation, and Culture are vital factors for the success of an organization. Each plays a unique role in fostering a positive and productive work environment and driving the organization towards its goals.

1. **Communication:** At its core, communication is the lifeblood of any successful organization. It impacts every aspect of your business, from internal collaboration and employee engagement to customer interactions and stakeholder relationships. Investing in improving communication skills among your team members is an investment in your organization's success.

Research shows that companies that prioritize communication are 3.5 times more likely to outperform their industry peers. According to a survey published on Gallup.com, for every 100 employees, organizations with effective communication practices experience an average revenue increase of \$7.9 million per year compared to those with poor communication. Holmes report suggests that poor communication costs large companies an average of \$62.4 million per year.

The impact on your organization's bottom line is undeniable. By investing in our workshop, you will experience reduced costs associated with misunderstandings, improved efficiency, higher customer retention rates, and increased profitability.

2. **Co-operation:** Imagine a workplace where every team functions seamlessly, where collaboration flows effortlessly, and where individuals work together towards a common goal. Investing in our Team Co-operation Workshop is an investment in the success and growth of your organization. By transforming your team into a powerhouse of collaboration, you will witness improved efficiency, productivity, and employee satisfaction. Teamwork makes the dreamwork. Participants will be engaged in different activities that are designed to improve collaboration and co-operation.



Research consistently supports the idea that improved team cooperation leads to a wide range of benefits, including increased productivity, creativity, problem-solving ability, employee satisfaction, and adaptability. By fostering a cooperative culture and providing the necessary support and resources, organisations can harness the power of teamwork to achieve greater success.

- 3. Culture:** In today's competitive business landscape, a thriving company culture is more than just a buzzword - it's a strategic advantage. Studies have shown that companies with a positive work environment outperform their competitors, experiencing increased productivity, higher employee retention rates, and elevated customer satisfaction. Our workshop is specifically designed to help you achieve these outstanding outcomes.

If you want to transform your organization's culture and revolutionize your bottom line. Our workshop will act as a catalyst to change that will help your organization to embark a journey towards success, growth, and prosperity.

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

"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 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.

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

