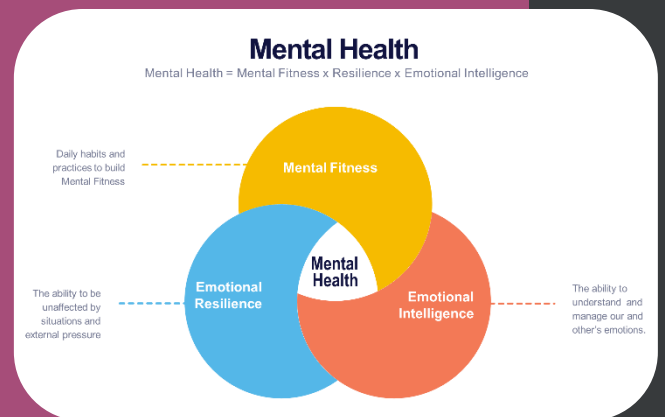


# INFORMATION PACK

## Creating Mentally Healthy Workplace



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# AMHWAL Academy

Aberdeen Mental Health at Work & Leadership Academy



Mental health in the workplace is an issue that affects everyone. According to the World Health Organization (WHO), mental health problems are the leading cause of disability worldwide, and the workplace is no exception. Research shows that work-related stress, depression, and anxiety are the most common mental health problems in the workplace, and they significantly impact employees' well-being and productivity.

There will be three aspects of the workshop:

- 1. Understanding Human Mind and Mental Health:** This section of the workshop equips participants with knowledge, skills, and strategies to promote mental well-being, create a supportive work culture, and effectively manage mental health challenges in the workplace. Enhancing the understanding of mental health offers numerous benefits to organizations. It enhances employee well-being, reduces stigma, increases support, improves productivity, mitigates risks, enhances engagement and retention, fosters a positive work culture, and fulfills legal and ethical responsibilities. By investing in this, organizations prioritize mental health and create a healthier and more productive workplace for their employees.
- 2. Mental Toughness:** In today's fast-paced business world, mental toughness is increasingly becoming a crucial factor in determining the success or failure of an organization. Mental toughness is defined as the ability to persevere through difficult situations and maintain a positive attitude in the face of adversity. This trait is especially important in the workplace, where employees face numerous challenges and obstacles on a daily basis.

Research has shown that mental toughness is closely linked to a range of positive outcomes in the workplace, including higher productivity, greater job satisfaction, and improved overall performance. For example, a study by the consulting firm PwC found that employees with high levels of mental toughness are more likely to be promoted, have higher levels of job satisfaction, and take fewer sick days than their less mentally tough counterparts.



Mental toughness is also important for leaders within organizations. Leaders who possess this trait are better equipped to handle high-pressure situations and make difficult decisions in a calm and rational manner. They are also more likely to inspire confidence in their subordinates and earn the respect of their colleagues.

The impact of mental toughness on the bottom line of an organization is significant. Employees who are mentally tough are better able to handle stress and uncertainty, which in turn leads to higher levels of productivity and better decision-making. In fact, a study by the consulting firm McKinsey & Company found that companies with mentally tough employees outperformed their less mentally tough counterparts by a wide margin.

- 3. Communicating with Empathy:** Empathy plays a crucial role in promoting mental health within an organization. It involves understanding and sharing the feelings, perspectives, and experiences of others. Empathy creates a supportive and compassionate work environment where individuals feel heard, understood, and validated. Empathy sets the foundation for a positive and inclusive organizational culture. When empathy is valued and demonstrated at all levels, it influences how employees interact with each other, their clients, and external stakeholders.

Fostering empathy within an organization has far-reaching benefits for mental health. It creates a supportive, inclusive, and emotionally safe environment where employees can thrive, leading to increased engagement, reduced stress, improved well-being, and stronger relationships among team members.

**"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 has spent a decade studying neuroscience, human psychology, and peak performance. He is a qualified organizational psychologist and a registered member of the British Psychological Society.

His books *The Power Within* and *Mind 2.0* are Amazon Bestsellers. He has been featured in major publications such as Fox News, NBC, USA Today, 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

