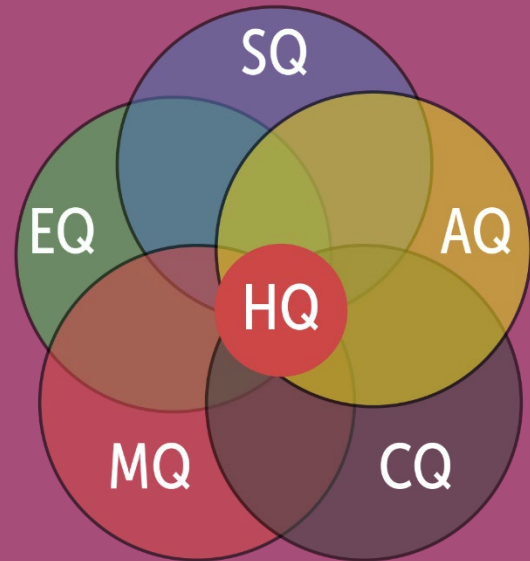


INFORMATION PACK

Executive Coaching



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AMHWAL
Academy

Empowering Minds
Transforming Leaders
Improving Business & Wellness



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. A Metrix Global study found that executive coaching has a **788% return on investment (ROI)** based on factors including increases in productivity and employee retention.

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.

Let's Connect

For further information about the program, or to arrange a consultation, please contact us at 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

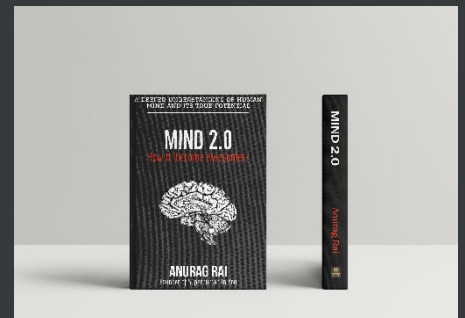
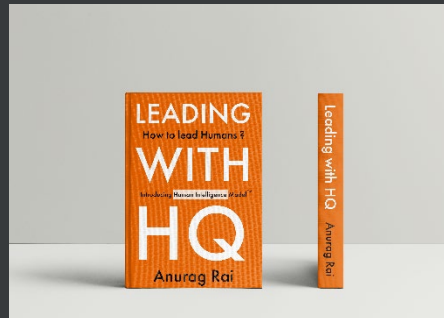
AMHWAL Academy is an organisation committed to helping professionals and businesses across the world achieve their full potential, by challenging beliefs and old practices that are limiting the way people show up at work and in life. We stand against practices and philosophies that are based on outdated 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 an Organisational Psychologist registered member of the British Psychological Society. He is an award winning Leadership and Executive Coach and a Master NLP Practitioner. He has spent over a decade studying neuroscience, human psychology, and peak performance.

His books *The Power Within*, *Mind 2.0*, and *Leading with Human Quotient* are Amazon Bestsellers.



Some of the many 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?

“Anurag’s coaching has been transformational for me, both professionally and personally.”



David Tawse

Managing Director, Nimbus Blue

“His sheer presence and questions always leave me questioning how I lead my team.....in a good way of course!”



Jim Reid

Managing Director,
Jim Reid Vehicle & Sales

“Anurag is an outstanding coach - helpful, knowledgeable and with a real passion to help you achieve your goals. I am happy to recommend him 100%.”



Andrew Smith

Managing Director,
Aberdeen Business Network

All 5 Star reviews on

