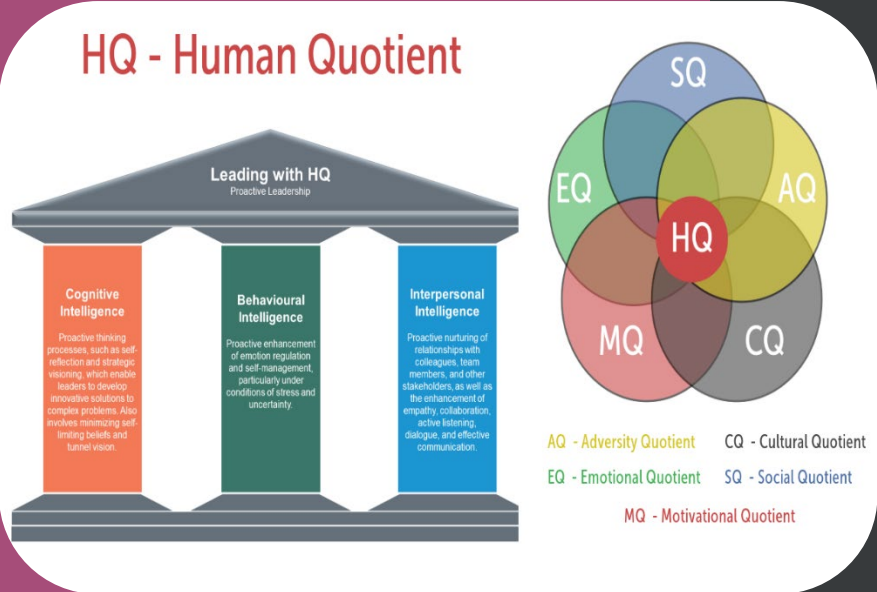


INFORMATION PACK

Leading with HQ™ (Human Quotient)



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Empowering Minds
Transforming Leaders
Improving Business & Wellness



Unlock the full potential of your organisation's leadership with our groundbreaking workshop on improving Human intelligence for enhanced organisational success. In today's competitive business landscape, 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 organisation. 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

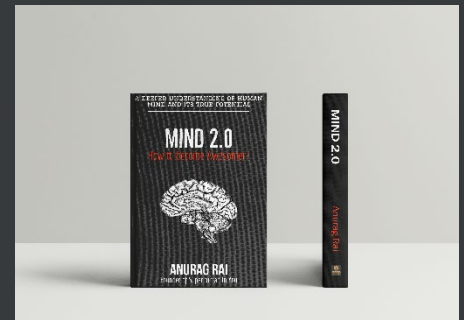
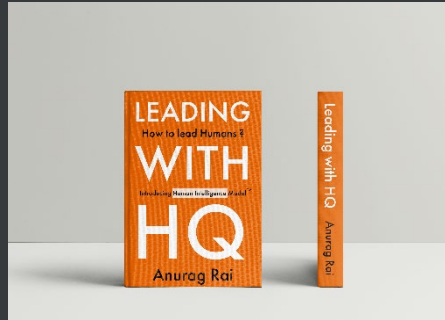
AMHWAL Academy is an organisation committed to helping professionals and businesses across the world achieve their full potential, by challenging beliefs and old practices that are limiting the way people show up at work and in life. We stand against practices and philosophies that are based on outdated 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 Facilitator & Trainer

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.



Organisations Anurag has worked with.



Acumen
Financial Planning





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?

"I highly recommend attending this workshop for anyone in a leadership position. If you've had the privilege of attending any of Anurag's sessions, then you'll know there will be lots of value to be had!"



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

